

# A DAY IN THE LIFE

#workingtogetherPCFT

## Occupational therapist

Name: Sophie Brooks

Position: Occupational therapist

Location: Saxon Ward, Tameside General Hospital

Time in post: 8 years

### What does your role involve?

I'm an integral member of the multidisciplinary team (MDT) on Saxon Suite, working with adults aged 18 to 65 years. My role involves providing assessment, treatment and rehabilitation of patients, enabling maximum independence and quality of life.

I mainly undertake one to one interventions with patients, which can be conducted in a variety of settings - on the ward, within the community or their home environment. My role also involves delivering therapeutic activities, such as reiki and baking.

### Why did you choose this role?

Previously I worked as a technical instructor within a community mental health team, working closely with the occupational therapist. I admired how occupational therapy allowed a person centred approach to both physical and mental wellbeing, enabling individuals to achieve their full potential. With gaining knowledge and experience around occupational therapy I knew this was the career for me. With support and encouragement from the occupational therapist I worked with, I applied to complete my training and the rest is history!

### What is the most rewarding aspect of your job?

I work within a great MDT, who are all very friendly and supportive. It's lovely for all the team to see the patient's getting better and recovering from their illnesses. For my role, it is especially nice to see patients maintaining their independence and returning to a productive routine back in the community.

