



Inside Occupational Therapy

By Lola Amos



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Occupational Therapy is often misunderstood as simply helping people recover from injury or illness. In reality, it is much more than that. At its heart, Occupational Therapy is about enabling people to live meaningful, dignified, and independent lives—whatever challenges they may be facing.

Working as an Occupational Therapist has given me a deep appreciation for how broad and interconnected healthcare truly is. Since qualifying in 2024 and working full time as an OT, I have had the privilege of supporting individuals across a range of settings, including stroke rehabilitation, trauma and orthopaedics, and community services. Each role has reinforced the same truth: every person's journey is unique, and no two days in Occupational Therapy are ever the same.

In day-to-day practice, Occupational Therapists work alongside people during times of change, recovery, or uncertainty. Our role is to support wellbeing, promote safety, and help individuals engage in the activities that matter most to them—whether that is caring for themselves, connecting with others, or participating in their community. Occupational Therapy takes a holistic and person-centred approach, recognising that health is not defined solely by diagnosis or treatment, but also by independence, routine, identity, and quality of life.

Through assessment and practical intervention, Occupational Therapists help people rebuild skills, adapt to change, and regain confidence within their own environments. A key part of the role involves understanding how someone functions at home and in the community, and identifying what might make daily life safer or more manageable. This may include recommending equipment such as grab rails, bath boards, perching stools, or walking aids. It can also involve teaching new techniques, simplifying tasks, managing fatigue through pacing, or helping someone reorganise their day so they can continue doing what brings them purpose and joy. Often, it is the small, thoughtful changes that make the greatest difference.

People can benefit from Occupational Therapy whenever their ability to manage everyday life is affected. This may be due to illness, injury, disability, mental health challenges, or major life transitions. Support can range from improving mobility and assisting with personal care, to increasing safety at home or adjusting to cognitive and emotional changes. At its core, Occupational Therapy is about enabling people to participate in meaningful activities, maintain independence, and feel more in control of their lives.

This work aligns closely with values of compassion, service, and respect for human dignity. By supporting individuals in practical and empowering ways, Occupational Therapists help not only to improve long-term wellbeing, but also to prevent avoidable difficulties and

unnecessary hospital admissions. In doing so, we contribute to stronger individuals, families, and communities.

Occupational Therapy is not limited to physical rehabilitation. It plays a vital role in supporting mental and emotional wellbeing too. While it is often associated with older adults, Occupational Therapy is a service for people of all ages—from young adults recovering from injury to individuals living with long-term conditions. The impact can be truly life-changing.

Inside Occupational Therapy is a reminder that health is about more than surviving—it is about living well. By walking alongside people, meeting them where they are, and helping them reconnect with what gives life meaning, Occupational Therapy offers hope, dignity, and the opportunity for renewed independence.

About Lola Amos

She's a dedicated Occupational Therapist with experience working across hospital and community healthcare settings. Since qualifying in 2024, she has supported individuals in areas including stroke rehabilitation, trauma and orthopaedics, and community-based services.

Her work focuses on promoting independence, improving safety, and enabling people to participate in meaningful daily activities. Lola is passionate about holistic, person-centred care and believes strongly in restoring dignity, confidence, and hope during times of recovery and transition.

Through her writing, she aims to educate, inspire, and offer insight into the vital role Occupational Therapy plays in transforming lives.