What is Occupational Therapy?

Occupational therapists are health care professionals that help people overcome practical problems of living that arise as a result of illness, impairment, disability or societal conditions.

If someone has suffered a stroke, for example, the Occupational Therapist, as part of the health care team, will work with the person to help him/her cope with and adjust to practical life situations. There is a strong emphasis on psychology and rehabilitation, and on empowering people who have suffered health and other setbacks to regain quality of life.

Opportunities are created throughout the course for practice learning. Lectures take place on the Faculty of Health Sciences campus, in the Division of Occupational Therapy at Groote Schuur Hospital and on the Upper and Middle Campuses of the University. Transport may be provided between the Upper Campus and Medical School and, when possible, to the more distant practice learning sites.

Occupational therapists are important contributors to all levels of health care and community development. It is a profession that encompasses various domains of practice - mental health, physical health, child learning development & play, work practice and community development practice.

Occupational therapists may set up their own practices and/or work with individuals, groups, communities, and in many kinds of organisations (e.g. hospitals or drug addiction clinics, in labour organisations, industry, schools, justice departments, as well as non-governmental organisations). The degree in Occupational Therapy leads to registration with the Health Professions Council of South Africa (HPCSA) as an Occupational Therapist. Graduates are required to complete one year of community service, after which they will be registered as independent practitioners.

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FACULTY OF HEALTH SCIENCES
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If you need more information about our programme, or about studying at the University of Cape Town, please contact the admissions office on **(021) 406 6328** or **(021) 406 6347** or email: **fhs-admiss@uct.ac.za**