

# Occupational Therapist

**Nia Wilding**

Allied Health Professional



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Occupational therapists work with individuals across the life span with various needs. We help to improve individual's ability to engage in the tasks that they need and want to do every day. We are a holistic profession that involves assessment of physical, emotional, behavioural, and social needs. We help to empower and enable individuals and we also work to embrace positive risk taking to enable choice.



I love supporting patients to achieve their goals and maximise their independence in activities of daily living. I enjoy working alongside supportive colleagues who have different roles and responsibilities to achieve the best outcome for the patient, for example; a safe and timely discharge from hospital to home.

No day working as an Occupational Therapist is the same due to the range of patients and their needs. As occupational therapists, we are always problem solving to improve patient's quality of life, health and wellbeing.

I love being a part of the occupational therapy rotation as there are many opportunities to work in a variety of settings across physical health, mental health, community and inpatient services.

I studied the BSc Undergraduate Occupational Therapy course at the University of Southampton and graduated in 2022. I then started working for the NHS in September 2022 within the Band 5 occupational therapy rotation across Cardiff and Vale University Health Board.

I'm currently working in Elective Orthopaedic Surgery, supporting patients to prepare for their surgery and to maximise their independence at home when they are recovering.

The NHS means a lot to me as it provides healthcare to those in need, regardless of our individual differences. I like making a difference to individuals' lives and I feel it's so important to work together as professionals with patients, family and carers to achieve patient centred care.



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