

# A Day in the Life of an OTR

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## Meet Brittany

### **What is your role as an OTR and what do you do on a day-to-day basis?**

As an occupational therapist, I provide one on one treatment, write treatment plans, complete evaluations, complete screens and supervise COTAs. I also come up with a variety of activities, visuals, and home programs to support the carryover of skills to the home setting.

### **What types of client's do you treat?**

Currently, I have clients ranging from 2.5 years to 19 years old on my case load, but we treat clients from birth to young adults and beyond. I work with clients with a wide variety of diagnoses and abilities. I am very passionate about working with clients who have feeding difficulties and clients with a variety of mental health diagnoses.

### **Who are your coworkers? Are you in a team environment?**

I currently work with other occupational therapists, occupational therapy assistants, speech language pathologists and administrative assistants. The environment at SunnyDays is one that is built on working as a team and collaborating with one another. On a typical day, I will collaborate with every therapist at least 2-3 times. Our team is very focused on helping each other out if a client is having a hard session, brainstorming next steps with a client and if we have something that worked well for one client which might work for another.

### **What is the most exciting part of your day?**

The kids! I love working with kids because they keep you on your toes, they love playing and having fun and they love learning. I am also highly motivated by my amazing co-workers!



### Current Job Title:

Occupational Therapist (OTR/L)

### Length of Time at Current Job:

Over 6 years

### **What do you like best about your job?**

I love that occupational therapy is both a science and art-based occupation. This job allows me to come up with creative, client-centered activities to support every client's progress. I also love seeing clients reach their goals. I feel so much joy and excitement when a client ties their shoes for the first time, asks for a calming tool independently, writes their name for the first time or engages in reciprocal play for the first time.

One of the most rewarding and hardest parts of my job is when a client has met all their goals and graduates from occupational therapy. It is hard to say goodbye to clients and their families, especially when you work with some of these families for a year or more.

### **Do you have any advice for those seeking a career in occupational therapy?**

I would recommend that you shadow a few occupational therapists across a variety of settings. The beautiful part about occupational therapy is that there is such a range of settings that we can work in. I would also say "You can do it!". The journey to become an occupational therapist requires that you complete 5 or more years of college and 2-3 fieldwork experiences, but in the end it is the most rewarding feeling to get your degree and make an impact in the lives of others.

If you want to learn more about what an OTR does, look at the American Occupational Therapy Association website or click this link.

<https://www.aota.org/Education-Careers/Considering-OT-Career.aspx>