

# Olivia Wootton

## Level 6 Physiotherapist (Integrated Degree)

Airedale 

NHS Foundation Trust

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You can access the standard [here](#).

Physiotherapists work with individuals, and their families and carers, from birth to end of life and in a wide range of health and social care settings. They lead and deliver programmes and interventions to help people affected by injury, ageing, illness or disability. Physiotherapists use a range of physical and psychological treatment approaches, including movement, exercise and manual therapy, to optimise an individual's mobility, function and quality of life. The profession helps to encourage development and facilitate recovery, enabling people to remain independent for as long as possible.

Meet Olivia Wootton, a Level 6 Physiotherapist apprentice working at the Airedale NHS Foundation Trust.

We spoke with Oliva about her apprenticeship journey, keep reading to find out more.



## **1. What apprenticeship are you studying and what does the study involve?**

I am currently studying a Level 6 Physiotherapist (Integrated Degree) apprenticeship, 20% of my working week is spent at Huddersfield University. The remaining 80% is spent working as a Therapy Assistant on an acute stroke/neurology ward at my local hospital Airedale.

## **2. Why did you want to do the apprenticeship?**

An apprenticeship was the only option for me to progress my career alongside being a mother and managing a household. A traditional university pathway into physiotherapy would have been very difficult for me to get into without going back to college, I didn't have the relevant A-Level qualifications and therefore would not have fit the eligibility criteria. As an apprentice I can gain fantastic and relevant work experience and benefit from more of a practical approach to learning.

## **3. What is your current role?**

Band 3 Therapy Assistant in Neurology.

## **4. How did you get into your current role?**

I worked in the community caring for adults with disabilities for approximately three years. During this time I was fortunate enough to work alongside therapists who strived to rehabilitate patients at home. I learned how therapists are able to make such a difference to a person's quality of life and knew from then on I would like to pursue it as a career.

## **5. What has been your proudest achievement on your apprenticeship to date?**

My proudest achievement, since I started the apprenticeship in September 2021, would have to be proving to myself that I can achieve high grades whilst juggling work and home life alongside.

## **6. What do you want to do once you complete your apprenticeship?**

Ideally, I would like to secure a band 5 rotational post with my current trust so I can further develop and gain a wide range of skills in multiple areas of physiotherapy.

## **7. What would you say to someone considering an apprenticeship?**

Go for it! Life is too short not to do something you love. The support I have received from my colleagues and the university has been amazing. I have made some amazing friendships already at university and although it can be challenging learning new things I know it will all be worth it when I eventually qualify.

**Go for it! Life is too short not to do something you love.**