

Catherine Jay

Level 6 Occupational Therapist (Integrated Degree)



The Rotherham
NHS Foundation Trust

Level 6 Occupational Therapist (integrated degree)

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

Occupational therapy is a rewarding career which requires a highly developed knowledge and professional skill-set to enable you to work across a range of settings and environments. Occupational therapists work with individuals from birth to end of life including those with physical and mental health conditions, injury, learning disabilities, long-term conditions, palliative care needs and with those who find themselves displaced from their societies. Your primary goal as an occupational therapist is to enable people to participate in meaningful occupations and activities of everyday life. Occupations include things people need to, want to and are expected to do such as self-care, leisure or work.

Meet Catherine Jay, a Level 6 Occupational Therapist (integrated degree) apprentice working at the Rotherham NHS Foundation Trust.

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



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

Occupational Therapist. I am going on placements, some within the trust which has been great to meet different people and different services within Occupational Therapy to learn from them and broaden my knowledge and skills. It's a great opportunity being an apprentice at the trust as it allows me to study to become qualified whilst still working and earning a wage. This is much better for me than doing a degree through the more traditional route. This is my second apprenticeship through the trust and it has always been supportive of me throughout my journey and has encouraged me at every opportunity. I am supported through my mentor and colleagues and allowed the time to study without question.

2. Why did you want to do the apprenticeship?

I have been working in Occupational Therapy at the trust for many years and had wanted to become an Occupational Therapist. I could not do this via the traditional route so when the apprenticeship opportunity became available it made sense to apply and try to further my career.

3. How did you get into your current role?

I got into my current role over 26 years ago. I had been interested in occupational therapy at college and saw the role advertised. I thought that getting some experience in the role would be helpful if I applied to university. The role was then a temporary contract in a backlog team set up to clear the waiting list, eventually it was made permanent and I am still here today and eventually got to University.

4. What has been your proudest achievement on your apprenticeship to date?

For me my proudest achievement so far is a personal one that I have pushed myself out of my comfort zone and I am proving to myself that I can do it. It has been hard at times, being a mature student and having work and life commitments. I have pushed through and I am doing well in my studies and on placements.

5. What do you want to do once you complete your apprenticeship?

At the end of the apprenticeship, I will be able to register and work as a qualified Occupational Therapist which will open many more possibilities and opportunities for me. I will be able to put my learning into practice which will benefit the patients that I see and work with.

6. What would you say to someone considering an apprenticeship?

Anyone thinking of doing an apprenticeship should go for it. It is such a good way of learning, on the job, and support is provided all the way through. It will benefit you both personally and professionally. It seems like a long time when you start but it goes really quickly.