

FINDING AN OCCUPATIONAL THERAPIST New Zealand

There are two ways you can find an occupational therapist - being referred by a healthcare professional or self-referring.



Reference by a healthcare professional:

If you are being referred to an OT by a healthcare professional, they will typically refer you to a specific provider who specialises in the relevant area. Once you have your reference from a healthcare professional, all you will need to do is contact the OT you have been referred to set up an appointment.

Self-referring:

If you want to self-refer, there are a few more steps in the process. To get the most out of your sessions, you will want to find an OT who specialises in the area.

Occupational Therapy NZ **has a register of OTs** in New Zealand, filtered by specialisation and region. You can use this to search for an OT who specialises in the right area to meet your needs.

If you are using a word of mouth recommendation, make sure to check that they are registered with the Occupational Therapy Board hold a current practicing certificate. The Board **has a register of all OTs** operating in Aotearoa and their certification details. Search your OT by name to verify they can practice.

For more information, please visit your
local DHB website.