

## FINDING AN OCCUPATIONAL THERAPIST UK

Here 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 or through the NHS, you will typically be referred to a specific provider who specialises in the relevant area. Once you have your reference from a healthcare professional or the NHS, 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.

The Royal College of Occupational Therapists *has a register of OTs* in the UK, 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 Health & Care Professions Council. The Council

*has a register of all OTs* operating in the UK and their certification details. Search your OT by name to verify they can practice.

For further information, please contact  
*your local council.*