# Video transcript: AHPs behind the scenes - exploring the role of an occupational therapist

>>MICHELLE: My name is Michelle La Barre. I'm a Children Young Person's Occupational Therapist in NHS Lothian in Edinburgh.

>>MICHELLE: Children and young people's occupational therapists look to promote independence in all activities of daily living to help children, [and] young people be the best versions of themselves and promote quality of life.

>>MICHELLE: We work with a range of children from zero to 18 across a variety of different settings. Occupations for children and young people are really a word that we use to describe all the activities that children need to do, want to do or expect to do in any given day. So, for example, self-care, dressing, feeding, washing, [and] productivity.

>>MICHELLE: We would prioritise with the child and family with the areas of concern that they have and work out the most useful thing to do that would help that child and family. I would recommend a career as an occupational therapist cause making the difference in children [and] young people's life is very, very rewarding and it gives you a lot of fulfillment.

>>MICHELLE: I think seeing the change in some of the children and young people. Some of the children I work with, we start working with them in ITU or maybe in the neonatal unit, and then some of the children we work with over a long extended period of time, and to see the difference, the unique contribution that occupational therapy has made to their lives is amazing.

>>MICHELLE: The diversity of the job that we do with from really young children on the neonatal unit when they've just been born up to 18 and helping children transition into universities or, you know, different jobs and things is quite inspirational.

>>MICHELLE: So the most important skills for a children and young person's occupational therapist is to probably think holistically, see the whole picture, see the whole child's world from the minute they get up to the minute they go to bed, including sleep, [and] work really closely with the children and young people and their families to work out what matters to them.

>>MICHELLE: Teamwork, working effectively as part of a team with people to help set joint goals, be that other allied health professionals as part of your team or working, um, in partnership with other agencies.

>>MICHELLE: Education for healthcare, having playfulness, injecting a lot of play and fun into our intervention and into our assessment to help children be the best version of themselves.

>>MICHELLE: No two days are the same in this job, it's quite an exciting job, it's fast paced. There's a lot of service development going on, if I look at where we were 5 years ago in comparison to where we are now, you know, we're always changing, [and] the practice is always evolving. That is really kind of exciting and energizing to be involved with that.