

Bachelor of Occupational Therapy

Aislinn Lalor

Before deciding on Occupational Therapy as a career, Aislinn Lalor had begun a commerce degree, discontinued, gone overseas, worked at various jobs and traveled widely: *"I lived in England and traveled through Russia and Scandinavia, China, Africa, the Middle East."*

Aislinn is now the Occupational Therapist in the Acute Aged Mental Health Unit at Frankston Hospital. She sees patients aged over 65 who experience various mental health issues including depression, situational crises related to suicide attempts, schizophrenia, anxiety, and patients with dementia complicated by either behavioural or psychotic symptoms.

"OTs in the Peninsula Health mental health network get together regularly for meetings where reflective practice is encouraged. It enables me to gain advice and debrief. I also share an office with a very experienced social worker. It's a great allied health team here and we work well together."

Aislinn believes that her varied previous work experience has helped her in being able to comprehend people and understand better how to react in particular situations. "I'm developing my own understanding of the OT role and gaining confidence. As a new Bachelor of Occupational Therapy graduate it was quite hard, but I'm getting better at presenting my ideas in a meaningful way and catering for the varying needs



Course: Bachelor of Occupational Therapy (Hons)

Campus: Peninsula

Current position: Occupational Therapist, Acute Aged Mental Health Unit, Peninsula Mental Health Service,

of the patients. I run ten groups each week, including exercise, pet therapy, and cooking, as well as doing individual assessments. A weekly outing, focusing on activities of daily living, allows patients to reminisce about their past and their childhood. It gets people talking, helps improve socialisation skills, and improves wellbeing."

The Monash OT course is accredited by the World Federation of Occupational Therapists, so Aislinn's qualifications are recognised in a number of other countries. When her traveling bug bites again she should have no trouble finding work as an OT overseas.