

A stylized illustration of a stone building with large columns and windows. The building is made of brown and tan stones. There are two large columns in the foreground. The windows are blue and white. A small green bush is on a ledge. The sky is blue with a white cloud.

# A students guide to Occupational Therapy in Trinity disAbility Service

25 Years Anniversary

Trinity  
disAbility Hub

disAbility Service  
2000 - 2025



# The Occupational Therapy Team in the DS



**Kieran Lewis -  
Occupational Therapy  
Manager**



**Eithne Coleman -  
Senior Occupational  
Therapist**



**Christopher Cunningham -  
Occupational Therapist**



**Amy O'Briain -  
Occupational Therapist**



**Órla Dineen - Occupational  
Therapist**



**Sinead Healion -  
Occupational Therapist**



# What is Occupational Therapy (OT)?



The role of occupational therapy, or OT, is to help manage the student role. The word occupation in this context means any activity students prioritise.

For example, these activities could include studying, attending lectures, attending social events or doing assignments. The overall goal of OT is to help students do the things they need or want to do in college.



# What does an Occupational Therapist do in Trinity disAbility Service?

An Occupational Therapist in a university setting is a professional who helps students develop skills they need to succeed in their daily academic, personal and social environments.

You will meet one of the Occupational Therapists in Trinity and they will stay your Occupational Therapist until you graduate!





# What can OT help me with?



OT can help you with many aspects of your life. Here is a few examples.

**Course Demands:** OT can help you manage your course demands. This can be done through routine formation, organisation tools, and overcoming challenges such as procrastination and perfectionism.

**Mental Health:** OT can help with mental health

**Transitioning to University:** OT can help you develop skills and strategies to adapt smoothly. It can support with the new routine, making friends and navigating the new college environment

**Balancing University Life:** OT can help ensure you make time for studies, leisure and selfcare.

**Fatigue Management and Burnout:** OT can help with managing fatigue and minimising the risk of burnout in university. This can be done through looking at energy conservation strategies and exploring types of rest and leisure.

**There are many more things OT can help you with just ask !**



# What will my first OT meeting look like?



The aim of your first OT meeting is ultimately for the Occupational Therapist to get to know you and understand what you would like help with.

It's likely that you will complete a Trinity Student Occupational Performance Profile (TSOPP). This is a self assessment to identify difficulties and to set goals with your Occupational Therapists.



# OT from student voices



'Love how the OT structures and visualises what had to be done.'

'Very helpful. I would be overwhelmed with the transition from secondary school to college without it. My OT was extremely kind, able to listen and comprehend my issues while guiding me through the process.'

'The support I received was incredible. I don't know where I would be without the help from them. Truly life changing. I felt heard and supported for the first time and it made a really big difference in my life. Extremely thankful for everyone on the team. They went above and beyond to help me when I needed it most.'

'My experience was very pleasant, I liked how focused and to the point all my sessions were, and I liked how, even if a suggested strategy didn't work it made me think of what I'm doing and how I'm doing it.'

'OT has been absolutely amazing in helping me navigate college as an autistic individual.'



# OT and disAbility Service FAQs

## **Is my Occupational Therapist also my Disability Officer?**

Occupational Therapist also have the role of Disability Officer therefore your Disability Officer may be the same as your Occupational Therapist.

## **Will my Occupational Therapist stay the same throughout my university years?**

Yes, unless you would like to request a new Occupational Therapist or your Occupational Therapist leaves the service.

## **Does Occupational Therapists carry out Needs Assessments?**

Yes, all of our professional staff carry out Needs Assessments.

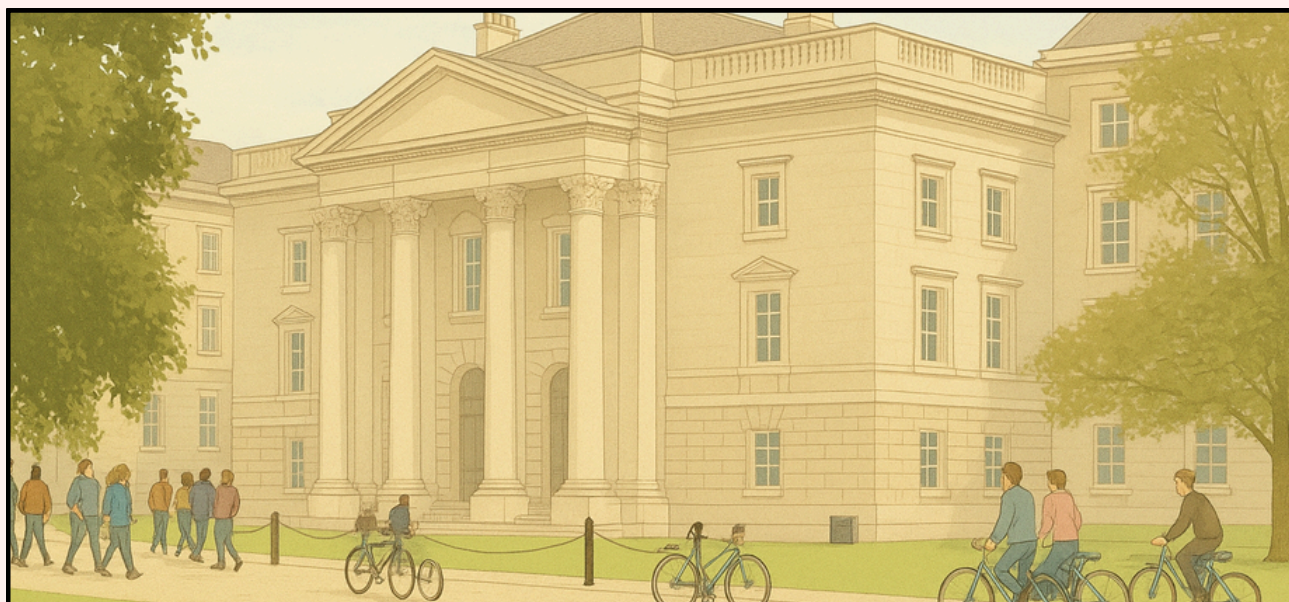
## **Is Occupational Therapy the same counselling?**

OT (Occupational Therapy) and counselling are quite different, even though both support well-being.

Think of it like this:

OT = "How can we make your day-to-day tasks and environment work for you?"

Counselling = "How are you feeling, and how can we support you emotionally through this?"





# How can I make an appointment for OT?

If you have applied for Reasonable Accommodation with the Disability Service and wish to meet with an Occupational Therapist, please discuss this with your Disability Officer.

## Contact Information

Email - [askds@tcd.ie](mailto:askds@tcd.ie)  
Phone - +353 1 896 3111  
Drop in - 12-2pm ,  
Monday to Friday during term time

For more information on Occupational Therapy visit:  
[www.tcd.ie/disability/services/OT.php](http://www.tcd.ie/disability/services/OT.php)

