



## Profile

I am a physiotherapist & occupational therapist for the NHS - providing healthcare to those in need after illness or injuries.

## Physiotherapy

- Helps to move your body better
- Makes you stronger
- Helps you feel less pain

## Occupational Therapy

- Teaching new ways to do tasks
- Suggesting equipment
- Changing the environment

## Advice to take away

To gain experience for a career in the medical field, volunteer in care homes, healthcare settings, or sport. Also, do shadow days in healthcare settings.

# Career Connects



Physical Education

# Alison Crossland

Physiotherapy & Occupational Therapy

## Key Skills

- Good communication
- Teamwork
- Problem solving
- Creativity
- Patience
- Motivation

## Pathways

- GCSE Maths, English & Science
- Health & Social Care Qualification
- BTEC Science Diploma
- T-Level Qualification
- Apprenticeship in Health & Social Care
- x3 A-Levels in science, social studies, biology, or P.E.
- University Degree

