

# MEET YOUR OT!

## SHARON



### Welcome

Hi there. My name is Sharon and I'm going to be your OT. An OT, or **O**ccupational **T**herapist, is someone who helps you to learn and do new things or helps you with things you find tricky – and we always try to have fun! I can't wait to meet you and find out what you love and think is fun so we can do it together!

### Where do OTs work?

OTs work in lots of different places, either indoors or outdoors! For example, you may find me in our rooms in Diamond Creek, doing visits to homes, schools and kinders, or on telehealth.

### When we meet

You might like to bring your favourite toy or game from home when you meet me, or you might like to send me a message with an idea of something fun we could do together.

### About Me

I am a mum.

I have a dog that I enjoy taking for long walks.

I enjoy gardening and reading.

I like going to the gym.

I love travelling with my family.

### My Favourites

**Food:** Sushi

**Colour:** Yellow

**Animal:** Otter

**Sport:** Basketball

**My favourite thing about being an OT is** getting to meet and work with lovely people and helping them to achieve goals while being their own kind of awesome.



I look forward to seeing you soon!