



# Occupational therapy assessment

Name	Address	DOB
The next Scottish Government	St. Andrews House, Edinburgh	May 2026

## Initial interview

Relevant medical history
<ul style="list-style-type: none"> <li>Lowest life expectancy in UK and Western Europe</li> <li>People, on average, spend more years in poor health</li> <li>Ageing population - 65 years + increased by 42% since 2000</li> <li>38% of adults report to be living with a limiting long-term health condition</li> <li>Increase rates in delayed discharge</li> <li>7.7% of NHS Occupational Therapy workforce are 55 or over</li> </ul>

## Recommended intervention

- 1. Refocus resources to strengthen community-based teams**  
Fully resource community occupational therapy teams delivering prevention and early intervention.
- 2. Expand entry routes to build a sustainable workforce**  
Grow the workforce from the ground up through apprenticeships and equitable learner support.
- 3. Improve workforce planning and data for better decisions**  
Develop national planning tools based on population needs, backed by targeted investment in recruitment, retention and training.
- 4. Invest in tools and technology to deliver better outcomes**  
Provide the data systems and technology our workforce needs to deliver great care.
- 5. Support research and innovation to advance practice**  
Enable occupational therapists to build evidence, generate new ideas and improve outcomes.
- 6. Equip the profession to meet sustainability challenges**  
Help the workforce adapt to climate and sustainability demands so they remain resilient and future ready.

Date	Signature
January 2026	Royal College of Occupational Therapists
Place	<i>Royal College of Occupational Therapists</i>

Follow-up required

**Let's work together to deliver these priorities for Scotland**  
**hello@rcot.co.uk • rcot.co.uk/Scotland26**