

Introducing Yvonne Browning

I am a late-comer, drawn to occupational therapy by an acquaintance who spoke enthusiastically of her work. I was intrigued, did some research and wanted to become one! Realising my dream I graduated from CIT in 1992.

Since graduating I worked at Capital and Coast District Health Board (CCDHB) Wellington, with adults who have intellectual disabilities, in orthopedics and surgery and also in a rehabilitation day hospital for older people.

In 1996 I moved with my husband to England, and we stayed there for the next 11 years. I joined the NHS as deputy manager of an occupational therapy department in a general hospital and worked on medical, respiratory, and rehabilitation wards. I moved into mental health services for older people working on wards and community mental health teams, and became team leader of an occupational therapy team. While in England I studied for and gained a masters degree in Health Sciences.

Our children in New Zealand married, and our grandchildren were born. So we returned to Wellington, where I am the professional lead for occupational therapy in mental health and work clinically in psychogeriatrics.

Involvement in NZAOT:

I have been a member of NZAOT since I was a student and value the support, information and inspiration that my membership provides.

I have skills and experiences to give back to our profession. My experience in occupations during my life's roles, including being an occupational therapist, have equipped me well to be able to contribute constructively to the NZAOT council. My modus operandi is reflective. I liaise, listen, research, gather, and consider information thoroughly.

Future aspirations:

I want to see our professional association continue to be healthy and growing. I am well placed to join and contribute to NZAOT's governance group guiding, consulting, and implementing strategic plans that ensure our association continues advocating for and with occupational therapist's.