

- Over 15 years' Occupational Therapy experience in NHS and social care settings
- Specialism in minor and major housing adaptations, and equipment provision with adults and children
- Experienced in assessment and rehabilitation

Key Expertise Areas

- Minor and major adaptations
- Moving and handling risk assessment and training and single-handed care
- Aids and equipment specialist equipment advice
- Assistive technology
- Housing needs assessment, rehousing, and property searches
- DFG applications
- Independent living skills
- Vocational rehabilitation
- Activities of daily living and leisure
- Managing anxiety and mood
- Fatigue management and sleep hygiene
- Safely accessing the community and leisure
- Clinical supervision
- Experience with orthopaedic / amputee rehab
- Experience with progressive neurological conditions and also TBI
- Capacity assessment and best interest decisions

Education

York St John University: BSC(Hons) Occupational Therapy, 1st Class.

Leeds Metropolitan University: BA(Hons) Public Service Management, 2:1



Career Summary

- North Yorkshire Council.
 - Occupational Therapy Service Manager (2024–present)
 - Occupational Therapy Team Manager 2023–2024
 - Senior Occupational Therapist 2021–2024
 - Occupational Therapist 2017–2022
- York Teaching Hospitals. Occupational Therapist, Acute Stroke and Stroke Rehab. 2016–2017
- Harrogate District Hospital
 - Occupational Therapist, Medical Elderly, Surgical, Respiratory, Orthopaedic Trauma and Elective, Community Rehabilitation & Fast Response 2014–2016
 - Occupational Therapy Assistant, Surgical, Orthopaedic, Medical Elderly, Falls. 2009–2014

Memberships

- HCPC registered
- Royal College of Occupational Therapists

“I love how as an Occupational Therapist I am able to help people to not only adapt to life, but to live their best lives, through the things that matter most to them”

Aimee W 2026