

- Over 13 years of working for the NHS with adults across inpatient, outpatient and community settings.
- Specialist in neurorehabilitation.
- Experienced in assessment and treatment of a complex and varied caseload.

Key Expertise Areas

- Complex neurological assessment and rehabilitation
- Experience of polytrauma rehabilitation
- Complex discharge planning
- Functional assessment and goal setting
- Upper limb rehabilitation
- Cognitive rehabilitation
- Fatigue and sleep education and management
- Building independent living skills
- Supporting ADL and provision of equipment
- Assessment and provision of splints
- Community access and leisure
- Vocational rehabilitation including education
- Seating assessment and advice
- Providing education and signposting regarding wheelchairs and wheelchair accessible vehicles (WAV)
- Providing advice and guidance regarding minor adaptations
- Signposting for major adaptations
- Education to support staff and family members
- Manual handling assessment and education.

Education

MSc Occupational Therapy: University of Derby

BSc Psychology: University of Leicester



Career Summary

- Band 7 Clinical Specialist Occupational Therapist for Motor Neurone Disease, Derby MND Care Centre (2 years)
- Band 6 Senior Neurological Occupational Therapist, Neurological Outpatients, Derby (3 years)
- Band 6 Senior Neurological Occupational Therapist, Inpatient Stroke Team, Nottingham (5 years)
- Band 5 Neurological Therapist, Inpatient Stroke Team, Derby (2 years)
- Band 5 Occupational Therapy Rotation across Inpatient Trauma and Orthopaedics, Inpatient Respiratory and Community Learning Disabilities (1 year)

Memberships

- Health Care Professionals Council (HCPC)
- Royal College of Occupational Therapists (RCOT)

“I am passionate about occupational therapy because I find it so rewarding to support people to work towards their goals and enhance their quality of life.”