rehabilitate therapy ltd

Lizzie McC

Occupational Therapy Assistant

Key Expertise Areas

- Fatigue management – implementing strategies and providing education.
- Working in multi-disciplinary teams
- Client Community work with Rehabilitate Therapy Ltd
- Budgeting & household management
- Promoting and relearning independent living skills
- Research projects
- Client group work with RT July 2023
- Accessing the community and gaining social interaction
- Support with assistive technology/aids & adaptations
- Excellent communication skills, written and verbal.
- Completed basic equipment training
- Assisting clients with IT-related tasks



Career Summary

- Occupational Therapy Assistant, Rehabilitate Therapy Ltd (Aug 23 to present)
- Work experience with Rehabilitate Therapy Ltd July 2023
- Swimming coach 2020 – 2023
- Farm shop sales assistant 2019-2023
- Occupational Therapy Paediatric work experience placement October 2022
- Placement experience in intermediate care, adult learning disabilities setting, urology hospital ward and, palliative care.

Education

- First-class degree BSc (Hons) in Occupational Therapy at York St John (2026)
- South Axholme Academy GCSE grades 5-6 (2016-2021)
- Psychology (A-level) - C
- Sociology (A-level) - C
- Sport (B-Tec) – Distinction
- In service Rehabilitate training

"Helping people to overcome any barriers that may prevent them from doing the things that matter most to them".

Lizzie 2025