rehabilitate therapy ltd

Victoria H

Occupational Therapy Assistant

Key Expertise Areas

- Person-Centred Support – taking time to understand each person and what matters most to them
- Rehabilitation & Independence – encouraging confidence, independence and participation in meaningful activities within everyday life
- FND, Autism & Complex Needs – adapting my approach to each person's individual strengths and needs
- Mental Health & Dementia – offering compassionate, patient and respectful support
- Fatigue & Long-Term Conditions – helping people balance their energy while staying connected to meaningful activities
- Working Together – building positive relationships with individuals, families and professionals
- Communication & Leadership – bringing strong communication, organisation and problem-solving skills to my role

Education

- MSc Occupational Therapy 2026 – 2028
- BA (Hons) Applied Management 1st Class – 2018



Career Summary

- Student Occupational Therapist, North Tees - 2026 Pulmonary Rehabilitation & Chronic Fatigue Clinic, 2026 (8 wks)
- Student Occupational Therapist, TEWV Mental Health Services for Older People – 2026 (8 wks)
- Clinical Rehabilitation Assistant. Reach Personal Injury, Occupational Therapy Services 2026–Present
- Senior Workforce Engagement / Apprenticeship / Social Mobility Lead – Rural Payments Agency, 2021–2026
- Deputy Head of Social Mobility / Learning & Development Lead. Ministry of Justice | 2006–2021

"For me, Occupational Therapy is about opening doors - helping people discover new experiences and new ways to manage the everyday activities that matter most to them. I am proud to stand alongside the people I support as an advocate, empowering them to live life their way."

Victoria 2026