

## Rachel Culyer

### Professional Qualification

**BSc Hons Occupational Therapy.** London College of Occupational Therapy. 1989

### Professional Memberships

**British Association of Occupational Therapists**  
**HCPC**  
**CMSUK**

### Membership number

**BT0102359**  
**OT19106**  
**11-1002-A**

### Location

**South Wales and West,** Rachel is based in Pembrokeshire and has a 2 hour capture area

### Clinical Skills and Expertise

7 years of case management experience, including supervision, provision of training to solicitors, insurers and other professionals and prior to this many years within the NHS as an OT has given Rachel a wide breadth of clinical experience. She has over 25 years' experience working as an OT or in related work both in Britain and abroad, within the NHS and in private practice. This has enabled her to develop an excellent understanding of when NHS pathways need supplementing with additional treatment. Rachel has significant experience in treating the impact of trauma on mental health. This extensive experience has enabled Rachel to develop expertise in the following areas:

- **Orthopaedics**
- **Poly trauma rehabilitation**
- **Mental health**
- **General medicine/surgery**
- **Neurological conditions**
- **General Paediatric work**
- **Learning disability**
- **Brain injury**

### Key Case management skills

- Excellent knowledge of working in partnership with statutory and private organisations ensuring a seamless service, effectively meeting client's needs
- Specialist in assessing and providing appropriate rehabilitation and intervention for clients with mental health needs arising as a result of traumatic injury.
- Proved to be a very effective advocate and facilitator for clients
- Superb communication skills, Welsh speaker, trained in mediation skills, which allow:
  - Effective interaction with and coordination of professionals involved
  - Develops good rapport with clients, families and all stakeholders
  - Capable of effective negotiation to address difficult issues
  - Proactively ensuring all stakeholders have information provided effectively, fully and in a timely manner
- Intervention is client focussed, assessing and defining appropriate treatment and intervention in collaboration with the client.

- Use of outcome measures and evidence based practice enables clear goal identification, monitoring progress and objectively assessing the effectiveness of treatment
- Acutely aware of the need to work in a cost effective and proportionate manner
- Works effectively as a team member but also able to act in a leadership role and make effective decisions
- Highly effective at motivating others towards achieving goals
- Extensive understanding of the Rehabilitation code and the appropriate delivery of intervention within this framework.

### Personal Profile

Rachel's life and career to date has provided her with broad experience working with adults, children, carers and families, alongside voluntary and public sector professionals. Experience has included establishing her own business running a children's centre.

Rachel's very diverse work experience has enabled her to develop the broad skill base needed to have an impact on key issues affecting individuals as well as experience with a wide range of disability and injury. Her interventions are always targeted at maximising occupational performance and creating an environment enabling purposeful activity, which is key to rehabilitation and recovery.

### Professional Work Summary:

**November 2010 – to Date**

**Unite Professionals Ltd**  
Case Manager

**September 2011 – to Date**

**Open University**  
Mental Health Mentor

**March 2013 – September 2016**

**Access Independent Ltd**  
OT, Environmental Assessment.

**October 2007 – October 2011**

**Hywel Dda Trust**  
OT, Neurology, Orthopaedics

**July 1993 – May 1997**

**Derwen Trust**  
Head Occupational Therapist, Mental Health

**June 1989 – June 1993**

**St James Teaching Hospital, Leeds**  
Occupational therapist, Orthopaedics,  
Medical, neurology

### Continued Professional Development including but not limited to:

Finalist at CMSUK Catastrophic Case Manager of the Year Awards 2017

PACE conference

Unite Professionals Annual Conference

Webinar – 'Handle with Care' Ian Fulton MD Proclaim Care

CMSUK Conference 2014 'Controlling Costs & Retaining Quality in Life & Work'

Motivational Interviewing, Verna Morris, Unite Professionals Annual Training Conference

Case Managers Forum – Pain Management: Challenge or Opportunity

CMSUK Study Day - Case management and the Personal Injury Claims Process – Essential information and debate