

Qualification Summary

Diploma in Occupational Therapy; St Andrew's School of OT, 1992

Professional membership/counsel

Health & Care Professions Council
CMSUK

Membership number

OT 20727
Awaiting number

Location

East Anglia, Cathy is based in Suffolk and has a 2 hour capture area.

Clinical Skills and Expertise

Cathy's abilities are underpinned by a very broad spectrum of clinical experience. She has worked with adults with a wide range of conditions, mostly complex needs. This ranges from client centred support planning where she carries out full assessments, identifying their key outcomes, managing transition from hospital to home in the form of reablement, major housing adaptations and equipment provision and is specialist in assistive technology, having implemented a trial involving assistive technology. Cathy has worked closely with carers and carried out full carer assessments in the community. She is fully aware of NHS treatment pathways and this allows her to recognise when this needs to be supplemented.

Cathy is experienced in all of the following areas:

Neurological conditions

- **Environmental assessment**
- **Vocational rehabilitation**
- **Housing and Adaptations**
- **Discharge planning**
- **Complex orthopaedic**
- **Dementia**
- **Learning Disabilities**
- **Moving and Handling**

Key Case Management Skills

- Project management – works with partner organisations on new initiatives
- Excellent knowledge of local services and is skilled at maintaining a good relationship with NHS teams
- Cathy has worked closely with health teams at an operational level and on projects around integration
- Effectively advocates for the client
- Excellent communication skills, both with clients, carers and professionals
- Extremely familiar and skilled with multi agency working (both statutory and private)
- Ensures good, evidence-based practice and audits records to assist best practice
- Skilled at client focussed care

- In depth working knowledge of legislation in Social Care and provision of new adaptations
- Able to motivate client's towards achieving their goals.
- Awareness of the need for proportionality of treatment.

Personal Profile

Cathy qualified as an Occupational Therapist in 1992 and has over 25 years' experience of working within the Local Authority, NHS and the independent/private sector. Her skills are many and varied as she has worked with clients with a broad spectrum of needs. Her experience also includes management. Cathy is a conscientious and sensitive professional who is skilled at using her very significant skill set and knowledge to get the best outcome for her clients. She accurately identifies the rehabilitation needs of her clients and utilises appropriate services to meet these needs. Cathy has excellent communication skills. She assists clients access financial assistance as required and carries out Blue Badge Assessments as an Independent Mobility Assessor. She also has management skills, including mentoring, supervision of other professionals such as Social workers, OT's and Community Care practitioners, recruitment and budget management. She enjoys swimming, cycling, running, triathlon, walking, live music and reading.

Professional Work Summary:

April 2017 - to Date	Unite Professionals Ltd, Case Manager
June 2017 - to Date	Blue badge clinics, Equipment/adaptation assessments and EPV assessments Private Occupational Therapist
September 2015 - to Date	Adult and community services Dementia team Manager
April 1996 - August 2017	Adult Community services Occupational Therapist
August 1995 – April 1996	Mid Anglia NHS Trust, Acute Psychiatry Occupational Therapist
January 1994 – August 1995	Newmarket Hospital Senior Occupational Therapist
July 1992 – January 1994	West Suffolk Hospitals Trust Occupational Therapist

Multiple Continued Professional Development, including but not limited to:

Unite Professionals Conference
OCAIR Associates – Vocational Rehabilitation
Suffolk County Council – Paying for care Services/Deputyship
OT in Independent Practice -Safeguarding
Suffolk County Council – Moving and Handling
Mencap – Equal Opportunities/Increasing Independence/Enablement