



### EXPERIENCE HISTORY

#### VOLUNTEER ROLES

- **Feb 2021 – current date Royal College of Occupational Therapy Specialist Section – Independent Practice (RCOTSS-IP), National Executive Committee Regional Network Lead**
- **Nov 2020 – current date RCOTSS-IP South East Regional Contact**
- **2012 – 2013 PADI Divemaster and Discover Scuba Diving Leader for Ocean View Diving Services, Worthing, and teaching scuba diving to able-bodied and under-privileged children and adults.**

#### INDEPENDENT PRACTICE

**Nov 2012-current date Director & Neuro Occupational Therapist, Life for Living Ltd.** This role has included:

- Founding SPOTlights international online community, including the Posture Care Management Special Interest Group in July 2020 and The OT Tribe in January 2022.
- OT assessment and physical/cognitive rehabilitation for adult and elderly clients with neurological conditions (stroke, brain injury, progressive conditions), chronic pain, hypermobility syndromes and age-related impairments within community rehabilitation (including those involved within the medicolegal process).
- Postural assessments and postural interventions considering sitting, standing and lying.
- SMART assessments within RSA and UK for individuals with prolonged disorders of consciousness (PDOC).
- Professional supervision and mentorship to Occupational Therapists, industry professionals and Allied Health Professionals.
- Clinical education and training to clinical and care teams.
- 2023 – present date: Associate Expert Witness for Sherwood Therapy Services
- 2022 – 2024: Associate Expert Witness for Harrison Associates.
- 2018-2022: Clinical Educator for Spex Ltd (NZ) on their Spex Seating Technology range supporting assessments, organizing and coordinating online/face-to-face clinical education, clinical resource development and support with R&D, copy-writing and generation of clinical resource blogs and resources, expert lead in consent processes organization-wide.
- 2017-2019: Associate OT/Case Manager for Plexus Healthcare Ltd since 2017 for individuals with chronic pain.
- 2014-2018: Member of the SMART (Sensory Modalities Assessment and Rehabilitation Techniques) manual update panel at the Royal Hospital of Neurodisability in 2016 and portfolio marker for therapist seeking SMART accreditation.
- 2013 – 2018: Associate OT for the OT Practice supporting assessment and treatment for adults and older adults with mental health, chronic pain and neurological conditions; manual and powered wheelchair prescription and single-handed care assessments.

#### NHS ROLES:

- **January 2021 – current date OT (B7 – bank staff), Kent Community Health and Foundation Trust, Ashford & Canterbury:** Providing support for the Early Supported Discharge (ESD) initiative in 2021, supporting with caseload management for B4, Neuro and Rehab OT caseloads.
- **March 2018 – February 2020 Neuro Clinical Lead (B7), Kent Community Health and Foundation Trust, Canterbury.** Part-time position managing the Community Neuro Team comprised of PT, OT, SLT and Neuro Technicians providing assessment and treatment to clients with stroke and other neurological conditions, supporting change management and responsible for management & appraisal of Band 4-7 NHS staff.
- **NHS Locum roles:**
  - 2017-2018 Ashford: acute medical admissions for cardiac, respiratory and endocrine conditions.
  - 2015 Great Yarmouth: Early Supported Stroke Discharge Team – community-based interventions.
  - 2015 Tunbridge Wells & Maidstone: Covering A&E within the High Impact Team to minimize hospital admissions with community follow-up after hospital discharge for admission avoidance.



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- 2014 *Isle of Wight: Establishing assessments on the NHS e-record system (Adastra), developing new documentation to optimize communication across health providers; Crisis intervention to adults over a 72 hour period to prevent hospital admissions and formalizing the OT processes within this team.*
  - 2014 *Lancaster: Providing acute stroke assessment and rehabilitation including community follow-up for stroke patients.*
  - 2014 *Leeds: Providing early supported discharge assessment and rehabilitation for stroke patients.*
  - **Mar 2001 – July 2005**
    - **Senior OT**, Stroke Ward, Basildon Hospital, Essex; Community Stroke Rehabilitation Team, Warrington, Cheshire; Raphael Medical Centre, Tonbridge, Kent.
    - **Senior I OT**, Davidson Cottage Hospital, Ayrshire. Elderly acute & community-based. Medical, orthopaedic, neurological.
    - **Senior II – Senior I OT**, Workington Hospital, Cumbria. Elderly assessment and rehabilitation services within three cottage hospitals and community with supervision and training responsibilities, with successful regrading of this post from Senior II to Senior I following services audits and review.
  - **Apr 2000 – Mar 2001**
    - **Basic Grade OT**, Pinderfields Hospital, Wakefield; Westmoreland Hospital, Douglas, Isle of Man. Acute elderly medical wards.
    - **OT assistant**, Park House Day Centre, Huntingdon: Mental health day hospital for adults managing vocational rehabilitation programmes.

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### **NOT FOR PROFIT ORGANISATIONS:**

- **Aug 2009-Nov 2013 Multidisciplinary Team Lead & Specialist Occupational Therapist**, *Queen Alexandra Hospital Home (now Care for Veterans), Worthing. OT assessment/treatment for adult and elderly clients with various diagnoses, supporting recruitment initiatives and put forward business proposals based on national guidelines and best practice to expand team from 5 to 9 staff (including Neuropsychology input), establishing functional cooking and community groups with other AHPs to facilitate residents' engagement and skill development, supervising clinical staff and improving neuropsychology and postural service pathways, supporting weekly therapy/residency budget costs outline based on time and equipment audits with various resident cohorts.*
  - **Aug 2005 – Dec 2008 / Mar 2008 - Aug 2009 Specialist Neuro OT**, Brain Injury Rehabilitation Trust. Assessment and rehabilitation treatment for adults with acquired brain injury, OT and Clinical Lead role, including representation on BIRT Clinical Executive Committee.
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