



**Nicola Simpson**

Case Manager/Occupational Therapist

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Base: Penrith, Cumbria



## Professional Qualifications

BSc (Hons) Occupational Therapy – Carlisle (University of Lancashire) 2010

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## Memberships

British Association of Occupational Therapists (BAOT) – Reg no BT0800902

Health & Care Professionals Council (HCPC) – Reg no OT 62384

British Association of Brain Injury Case Managers (BABICM) – Reg No 0956

Case Management Society UK (CMSUK) - Reg no 15-1499-CM

Committee member of the Cumbria Neurological Alliance

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## Summary

I have several years of experience of working with clients and families affected by life changing injuries. I started to specialise within the field of acquired brain injury when I worked as a support worker for individuals with acquired brain injury in their homes and in the community whilst studying for my Occupational Therapy Degree. Having qualified as an Occupational Therapist I continued to work in the field of brain injury rehabilitation. My work involves

- Working with children, adults and their families with a goal orientated approach to optimise their recovery and rehabilitation
- Working with clients and their legal representatives who are both pre and post litigation
- Carrying out Immediate Needs Assessments and preparing reports and costs
- Developing and delivering Safeguarding and Mental Capacity Act training for A Chance for Life Ltd clinicians and support teams

## Current position

I joined A Chance for Life Ltd in 2012; I work as an Occupational Therapist and Case Manager. In addition to the summary above I have specialist skills and experience in the following

- Carrying out assessments, preparing case management reports and costs.
- Sourcing therapists and coordinating multi-disciplinary teams and rehabilitation programmes.
- Setting and reviewing client-centred goals and programmes, including case management plans and OT goals
- Recruiting, managing and supervising support staff.
- Working alongside litigation solicitors and financial deputies within the medicolegal field.
- Assessment and rehabilitation of severely cognitively & physically impaired clients
- Vocational rehabilitation and return to work or study

- Working with support teams in complex cases to implement a client centred approach
- Equipment & adaptation assessment & advice
- Setting up and reviewing client-centred goals and programmes, including case management plans
- Making assessments for specialist equipment including seating, wheelchairs and adapted vehicles
- Working alongside architects designing and implementing housing adaptations
- Training support teams in the use of specialist equipment, forming guidelines and completing risk assessments

## **Key Achievements**

- I have worked with several clients to enable a successful return to work or commencing new employment or training. Brain injury education for employers, phased returns, adaptations to the workplace, compensatory strategies, fatigue management and risk assessment have all been key elements I have implemented to support my clients achievements.
- I have worked with a client who lacks insight into his difficulties following brain injury to support him through the family courts to re-establish contact with his young daughter in supervised contact sessions.
- I was involved with the setting up of Cumbria Neurological Alliance in November 2013. The aim of the alliance is to raise awareness and understanding of neurological conditions to ensure that every person diagnosed with a neurological condition has access to high quality, joined up services and information. I have continued my involvement and support of Cumbria neurological alliance and I am a committee member and treasurer for the group.
- I have been involved in the development of a joint programme with A Chance for Life Ltd and the Calvert Trust in Keswick. The Supporting Recovery through Outdoor Adventure programme is jointly run by an Occupational Therapist and an outdoor instructor and is designed to develop individual's skills in many areas such as their self-confidence, friendships, cognitive function, motor skills and motivation. This is delivered through outdoor activities and 1:1 and group occupational therapy sessions. To date I have delivered 2 out of the 3 courses which have run.

## **Professional Pathway**

### **Early Career**

I have over 20 years experience within the healthcare sector, starting my career as a support worker for people with learning disabilities. I then moved onto supporting people in the community with mental health problems and worked as a Healthcare Assistant at Penrith Hospital.

### **2007-2010 Student Occupational Therapist and Brain Injury Support Worker**

I graduated in Carlisle at the University of Lancaster in 2010 after completing a 3 year honours degree in Occupational Therapy. My training included placements in wheelchair services, general medical ward, adult mental health services and I completed my elective placement within paediatrics. Whilst at university I worked part time as a brain injury support worker.

### **2010-2012 Occupational Therapist, Neuropartners**

I worked as an Occupational Therapist with adults with acquired brain injury. My main roles included assessment, preparing reports, provision of equipment, cognitive rehabilitation, vocational rehabilitation, and recruiting and managing support packages including 24 hour complex care packages.

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### **Continued Professional Development in past three years:**

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| <b>2017</b> | • HABC Level 2 Award in Emergency First Aid at Work (QCF) update   |
| <b>2016</b> | • Health Advocacy Training   |
|             | • NABIF Conference 2016 –Brain Injury, Untold Stories, Untold Consequences   |
|             | • COT Specialist Sections –North West Children Young People and Families study day – Using Outcome Measures in Children Occupational |

Therapy services

- APIL Annual Conference 2016 –Winning Hearts and Minds
  - Essential Update for Case Managers 2016 – Irwin Mitchell
  - 2015**
  - BIRT Conference
  - A Chance for Life Ltd Conference 2015: Improving Life After Brain Injury
  - Education for tomorrow – CBIT
  - New beginnings in Mental Health & Social Care
  - 2014**
  - NAIDEX
  - Networking Forum – UKCM
  - Glimpses of Brilliance – Irwin Mitchell
  - Tobii Eyegaze – Unlock the Potential
  - NABIF Conference 2014 - ABI-Navigating Options, Sharing Practice
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