

**Rebecca Hirst**

Case Manager/Occupational Therapist

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Base: Cockermouth, Cumbria

**Professional Qualifications**BSc (Hons) Occupational Therapy – Newcastle 2009

Memberships

Royal College of Occupational Therapists (RCOT) - BT0801296

Health Care Professions Council (HCPC) - OT60510

British Association of Brain Injury Case Managers (BABICM) – 3881

Case Management Society UK (CMSUK) – 4024-CM

Professional experience

I have nine years' experience working as an Occupational Therapist (OT) in both acute and community settings within the health and social care sectors across the North of England. Prior to joining A Chance for Life Ltd. I have worked with both adults and children. My most recent work has been in the field of paediatrics, providing specialist and integrated Occupational Therapy input for children in East Cumbria. In my practice I aim to meet health, education and social needs to facilitate optimal functional independence and quality of life. I am experienced in working as part of a multidisciplinary team to provide specialist assessment, intervention and management of babies, children, young people and adults who present with a wide variety of conditions including chronic, complex, disabling and life limiting conditions.

I inherently take a holistic view of the individual I am working with and I value the importance of being dynamic and creative, working with both the individual and all those around them in order to achieve the goals that are important to the individual and will improve their quality of life. In order to facilitate achievement of a client's goals I will facilitate the client and their family to work with statutory, private and third party organisations, to achieve the best outcome for the individual.

Current Position

I joined A Chance for Life in 2018 and work as an Occupational Therapist and a Case Manager. In my role I work with children and adults who have complex brain injuries and orthopaedic conditions, pre- and post-litigation.

In addition to the above summary, I have the following key skills:

- Experience of working as part of a multidisciplinary team across health, education and social care liaising with statutory, private and third-party organisations as well as the individual and their immediate family and close friends.
- I have a sound knowledge of neuro-typical child development and the therapeutic handling skills for working effectively with this client group.
- Risk assessment; I have a working knowledge of relevant legislation and experience of implementation and review of moving and handling plans.
- I am competent in using standardised and non-standardised assessments and observations.
- I am experienced in the assessment of, and recommendation for specialist equipment and environmental adaptations including within the home, educational and/or workplace setting.
- Supervision of students and colleagues including preceptorship mentoring.

Key achievements

- I have been instrumental in making adaptations to enable clients to maximise their independence within their home environment. For one particular client I worked closely with an engineer to successfully create a bathroom with bespoke accessories which enabled that client to independently wash and dress; both of which the client had previously been reliant on support to do. The design of the bathroom and the accessories included future proofing to ensure it was set up to meet the anticipated long term needs.
- I worked closely with a client who presented with challenging and violent outbursts following a head injury. I was one of two clinicians who were able to establish a trusting relationship with the client and through long term intensive therapy we were able to facilitate a safe discharge home to live with his wife with a support package in place.
- I successfully supported a client to safely achieve her goal of attending a festival following a spinal cord injury. This required work with the client, her family and friends to ensure short cuts weren't being taken during the rehabilitation to achieve the client's goal without regard to the longer term needs.

Professional pathway

2013 – 2018 Paediatric OT Cumbria Partnership NHS Foundation Trust

I provided specialist and integrated Occupational Therapy input for children in East Cumbria meeting health, education and social needs to facilitate optimal functional independence and quality of life. I provided specialist assessment, intervention and management of babies, children and young people who present with a wide variety of conditions including chronic, complex, disabling and life limiting conditions. I also assessed for provision of equipment and adaptations as a statutory duty within health boundaries on behalf of Social Services and/or the Local Education Authority.

2012 - 2013 Paediatric OT Bridgewater Community Healthcare NHS Foundation Trust

This was a Community post with a mixed caseload of children from early years up to the age of 16 years. Providing Occupational Therapy input for a range of health needs within the community setting.

2010 - 2012 Rotational OT Wrightington Wigan and Leigh NHS Foundation Trust

I worked with adults within the acute Trust; this was a ward based rotational post with experience in orthopaedics, surgery, neuro-rehabilitation and acute stroke.

2009- 2010 Community OT Cumbria County Council Adult Social Care

I provided an Occupational Therapy service to adults with enduring physical health needs in Eden borough.

2006 - 2009 Support Worker West House, West Cumbria

I provided support for children and adults with learning disabilities at their homes and in the community.

Continued Professional Development in the past three years:

2018 Cerebral Palsy Scotland Conference
Irwin Mitchell Advances in Prosthetics
Preceptorship Facilitator training
Preceptor for a new member of staff

2017 Kidz Up North
Early Bird Licensed Trainer
Cumbria County Council SEND Review
Cumbria LSCB Signs of Safety
Single Moving and Handling background
and assessment seminar
Student Educator

2015 Chailey Approach to Postural
Management
Neuromuscular Training Day
Dealing with Developmental Coordination
Disorders
Intensive Interaction: Sensory Issues and
Communication using body language
Student Educator