



Claire Allen

Case Manager & Physiotherapist

Based in: Carlisle

Skills & experience

Adults & children
Acquired brain injury
Spinal cord injury
Cerebral palsy
Complex orthopaedic injuries
Amputations
Sensory impairment
Learning disability
Stroke
Neurodevelopmental disorders
Postural and specialist equipment assessment
Complex needs
Challenging behaviour
SEN / EHCP
Benefits and appeals
Securing statutory funding

Qualifications

BSc (Hons) Physiotherapy, 2013

Memberships & registrations

Health and Care Professions Council (HCPC)
Chartered Society of Physiotherapy (CSP)
Association of Paediatric Chartered Physiotherapists (APCP).
British Association of Brain Injury and Complex Case Management (BABICM)
Physio First
Great Britain Wheelchair Rugby (GBWR)

Profile

Claire brings over 10 years' experience from her clinical paediatric physio background into her new case management role. She has extensive experience managing a complex caseload with a range of neuro-disabilities and complex needs.

She is also trained in adult and paediatric cognitive behavioural therapy and trauma-informed practice. She is passionate about supporting clients with their physical and emotional health and has a great deal of experience in working with very emotive situations. Claire is able to use CBT interventions to help further support clients to achieve their goals and progress with their rehab.

Claire has post-graduate qualifications in and a specialist understanding of child development, childhood diseases and conditions which may impact their development.

She spent many years as lead physiotherapist for a large special needs school in Cumbria. This role required a good understanding of SEN and writing EHCP reports for children and young adults with additional and complex needs. She completed training as an autism champion and is confident and competent dealing with challenging behaviours.

Claire is passionate about service development and working closely with MDTs. Claire led, coordinated and implemented the CPIP Cerebral Palsy Integrated Pathway and database to North Cumbria, this also involved training of all Physios within the North Cumbria in completing the Cerebral Palsy hip surveillance assessments.

Claire is also physio for Penrith Pumas Wheelchair Rugby Club.

To discuss a referral or for more information, please contact A Chance for Life Ltd

T: 01768 891709 E: admin@achanceforlife.co.uk W: www.chanceforlife.co.uk



Career history

July 2023 – present Case Manager and Physiotherapist, A Chance for Life Ltd

2018 – 2023 Specialist Paediatric Physiotherapist, NHS Carlisle

- Community based children's physiotherapist working within child development centres, clinics, schools, nurseries and patient homes providing assessment and treatment for babies, children and teenagers with varying conditions from musculoskeletal, developmental delay to complex neuro disabilities.
- Educated patients, their families and the wider community to lead healthy lifestyles to prevent injury and disability.
- Formulated accurate prognoses, recommended best course of intervention and developed comprehensive discharge plans to keep patients fully informed and at ease.
- Supervised and taught recently qualified physiotherapists and physiotherapy students to support industry and organisational growth.

2021 – 2023 Adult & Adolescent Physiotherapist, Eskside Physiotherapy, Carlisle

- Conducted private adult and children's physiotherapy assessments for Musculoskeletal, Orthopaedic, Neurological and Neuro Muscular conditions in patient homes, clinic and schools.
- Assessed patients' physical condition to identify issues and plan an appropriate treatment plan,
- Educated patients, their families and the wider community to lead healthy lifestyles to prevent injury and disability.
- Kept up with physiotherapy developments by attending relevant courses and maintaining updated personal portfolio for annual review.

2017 – 2018 PIP Clinical Assessor, Atos IAS Dumfries, Dumfries & Galloway

- Being a Personal Independence Payment (PIP) assessor involves conducting face-to-face consultations with benefit claimants and preparing detailed clinical assessments. These assessment reports are then passed on to the Department of Work and Pensions (DWP)
- Demonstrated fair, meticulous and swift approach to assessment, maintaining high quality marking while adhering to tight deadlines.

2013 – 2017 Specialist Physiotherapist, NHS Carlisle

- Community based children's physiotherapist working within child development centres, clinics, schools, nurseries and patient homes providing assessment and treatment for babies, children and teenagers with varying conditions from musculoskeletal, developmental delay to complex neuro disabilities.
- Managed several patients per month with highly complex needs, improving patient conditions and well-being.
- Built strong relationships with colleagues, secondary care providers and contract partners to maintain positive company reputation.
- Worked across variety of clinical areas, providing highly specialist physiotherapeutic assessment, diagnosis and advice for range of complex conditions.
- Provided helpful advice to patients and healthcare professionals regarding diagnosis and treatment plans improving relationships and trust.
- Used clinical development resources to elevate knowledge and stay on top of best practices.
- Assessed and treated patients with acute and complex MSK conditions.
- Provided advice, guidance and information on patient management to caretakers and relatives.
- Worked in triage clinic, delivering comprehensive assessment and management plans for diverse and complex MSK caseload.
- Trained and mentored junior physiotherapists in daily tasks to improve knowledge of company procedures and maintain high level of standard.

Claire's recent training record is available on request.