



## Professional Experience

Bridget is a specialist occupational therapist with over two decades of clinical experience across the NHS, private healthcare and community settings and specialist expertise in neurological rehabilitation. She is adept in leading the assessment and treatment of clients with complex conditions, including those presenting with dysexecutive syndrome and challenging behaviours. She has worked extensively with adult and elderly clients with mental health issues, chronic pain and a comprehensive range of neurological conditions, including stroke, brain injury and progressive conditions. She regularly delivers training on clinical areas including disorders of consciousness, postural care and neurological rehabilitation. She has also managed acute medical admissions for cardiac, respiratory and endocrine conditions. Bridget is fully trained in Civil Procedure rules, including relevant revisions as they arise, and engages in a wide variety of continuing professional development activities.

## Specialisms

- Neurological Rehabilitation
- Brain Injury
- Neurological Disorders
- Progressive Conditions
- Disorders of Consciousness
- Stroke
- Postural Care
- Specialist Equipment
- Single-Handed Care
- Respiratory Conditions
- Cardiac Conditions
- Endocrine Conditions

## Qualifications

- Bachelor of Occupational Therapy (B.OccTher)
- MBA
- Assessment of Motor & Process Skills Accredited Assessor
- Behavioural Assessment of the Dysexecutive Syndrome Licenced User

## Career History

### Occupational Therapist Lead

#### Kent Community Health & Foundation Trust

2021 – 2022

- Led the assessment and treatment of a variety of patients as a member of the Immediate Care Neurology Team.
- Previously worked within the early supported initiative for stroke.

### Director & Neurological Occupational Therapist

#### Life for Living Ltd

2012 - Present

- Provides private occupational therapy assessment and treatment for adult and elderly clients with neurological conditions, including stroke, brain injury and progressive conditions. This includes working with those within the medicolegal process.
- Founded the Posture Care Management Special Interest Group and The OT Tribe.
- Provides professional supervision and mentorship to occupational therapists, industry professionals and allied health professionals, plus clinical education and training to various clinical and care teams.
- Provided occupational therapy and case management support for individuals with chronic pain and mental health conditions.
- Prescription of manual and powered wheelchairs and completion of single-handed care assessments.

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## Career History Continued

- Member of the Sensory Modalities Assessment and Rehabilitation Techniques manual update panel at the Royal Hospital of Neurodisability in 2016.

### **Specialist Neurology Occupational Therapist / Clinical Lead OT within NHS** **2014 - 2018** **Various**

- Acute medical admissions for cardiac, respiratory and endocrinology conditions
- Early Supported Stroke Discharge OT services within primary and secondary care settings.
- Developing new documentation to optimise communication across health providers including uploading assessments onto Aadastra (NHS e-records) and hospital admission avoidance crisis support
- A&E High Impact Team support to minimize hospital admissions

### **Multidisciplinary Team Lead & Specialist Occupational Therapist** **Queen Alexandra Hospital Home (now Care for Veterans)** **2009 - 2013**

- OT assessment/treatment for adult and elderly clients with various diagnoses, established functional cooking and community groups with other AHPs to facilitate residents' engagement and skill development
- Supported recruitment initiatives and developed neuropsychology and postural service pathways.
- Supervised clinical staff and led services audits to optimize service delivery

### **Specialist Neuro Occupational Therapist** **Brain Injury Rehabilitation Trust** **2005 - 2009**

- Assessment and rehabilitation treatment for adults with acquired brain injury, OT and Clinical Lead role, including representation on BIRT Clinical Executive Committee.

### **Senior Occupational Therapist** **Various** **2001 - 2005**

- Clinical areas: Stroke rehabilitation, elderly acute, secondary in-patient care and community rehabilitation

### **Basic Grade Occupational Therapist** **Pinderfields Hospital & Westmoreland Hospital** **2000 - 2001**

- Clinical areas: Acute elderly and mental health day hospital, including managing vocational rehabilitation programmes.

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## Memberships

- Health and Care Professions Council
- Royal College of Occupational Therapists
- College of Occupational Therapists - Specialist Sections: Neurological Practice & Independent Practice
- UK Acquired Brain Injury Forum
- Posture & Mobility Group

## Ages Covered

- Adults only