

Daniel Adams

Expert Witness
Occupational Therapist

York



Professional Experience

Daniel Adams is a senior Occupational Therapist with over 25 years of diverse clinical experience across adult social care, mental health, physical disability, and forensic settings. His practice is grounded in detailed functional assessment, equipment prescription, and environmental adaptation, with a strong focus on promoting independence and safety in the home and community. He has worked extensively within local authority services, delivering assessments under the Disabled Facilities Grant framework, and advising on practical, bespoke interventions to support adults with complex physical, cognitive, or behavioural needs.

Daniel has significant expertise in working with clients with enduring mental health conditions, often combined with physical frailty or functional limitations. He has led occupational therapy input within specialist residential settings and was assigned lead responsibility for OT referrals from HMP Hull, reflecting his experience in secure and high-risk environments. His clinical work includes evaluating moving and handling needs, prescribing adaptive equipment, and identifying care support requirements to ensure safety, dignity, and engagement in daily life. His approach is informed by multi-disciplinary collaboration, safeguarding awareness, and a practical understanding of statutory processes and social care frameworks.

In addition to his clinical roles, Daniel has developed and delivered restrictive intervention training nationally across health, education, and social care sectors. As Training Manager for HCEST, he advises on risk management, behaviour support, and carer training, equipping him to comment confidently on the need for supervision, handling strategies, and environmental risk mitigation in complex care packages. He also brings experience in community rehabilitation, having led a long-running physical activity initiative for mental health service users, promoting function, engagement, and social participation.

Daniel is HCPC registered and holds a BSc in Occupational Therapy. His practice spans mental health, physical disability, neurodivergent profiles, and behavioural risk, and he is well placed to provide expert opinion on care needs, functional independence, moving and handling, equipment and adaptation, carer support, and rehabilitation planning for adults with a wide range of presentations. Daniel is fully trained in the Civil Procedure Rules, including relevant revisions as they arise, and is adept at providing objective analysis across the full range of MSK and neurological presentations.

Specialisms

- Stroke
- MND
- Functional neurological disorder
- Dementia
- Cauda equina
- Amputations
- Osteoarthritis
- Mental health & learning disability
- General medical & surgical conditions
- Respiratory conditions
- Environmental/housing adaptations
- Specialist equipment provision

Age group

- Adults



Career history

- Expert Witness 2025 - Present
Harrison Associates
- Locum Occupational Therapist 2020 - Present
Adult Social Care, Hull City Council, Kingston upon Hull
 - These roles consisted of daily assessments and reviews of adult referrals working within multi-disciplinary teams in the East and West Localities in Hull. Providing practical advice, guidance and solutions to enable people to live full, satisfying and independent lives. Professional advice and bespoke prescriptive support is central to this role relating to moving and handling issues, aids and environmental adaptations - working within the Disabled Facilities Grant process with external partners. To my previous forensic background, I was also the Lead Occupational Therapist assigned to any HMP Hull referral.
- HCEST Training Manager 2019 - Present
HCEST-York
 - Training Manager across a range of sectors, including Education, Health and Social Care, both adult and children's services, developing and risk assessing safe intervention strategies (physical and theoretical) within mainstream and behaviour schools, mental health services & hospitals and Local Councils.
- Lead Occupational Therapist 2019 - 2020
John Sturrock Care Home, Leeds
 - Lead OT in a Specialist care home for people experiencing long-term mental health issues, often combined with other physical functional difficulties. The role consisted of the development of psychological and physical activities to maximise and support more independent living. This was alongside any necessary Moving and Handling assessments and equipment prescription for carers to safely support.
- Occupational Therapist 2017 - 2019
Leeds City Council-Leeds
 - Community occupational therapy role supporting elderly and physically disabled people to improve their wellbeing through personalised assessment, identifying and arranging provision of equipment and environmental adaptations, working in a strengths-based approach.
- Project Coordinator 2002 - 2017
Leeds Social Services-Leeds
 - MUSCSEL Project Manager, developing and facilitating physical activity groups for mental health service users across the city.



Career history

- Fitness Instructor and Nutrition Management Trainer 2001 - 2002
Fitness First-York, UK
- Gym Therapist and Healthcare Assistant 1997 - 2001
Stockton Hall Secure Psychiatric Hospital-York, UK
- Youth Football Coach 1997 - 1998
Everton Football Club-Liverpool, UK
 - Skills and Experiences Management Skills: I was employed to create/develop the MUSCSEL Project for Mental Health Service Users. This has growing number from zero to over 200 active members. Responsibilities included staff recruitment, staff supervision, group development and group management. As the Project is city wide it takes considerable time and man-management - and requires a significant level of partnership working with other agencies, which all needed to be maintained

Qualifications

- BSC Occupational Therapy
- BSc Sports Science and Physical Education
- YMCA Level III Personal Trainer Award
- YMCA Level II Gym and Circuits Instructor
- OCR Level II Nutrition
- Health and Social Care NVQ Level II and III
- First Aid Trained

Professional Memberships

- HCPC
- Royal College of Occupational Therapy