



Professional Background

Julie Milo-Pears is a highly experienced Occupational Therapist with 28 years of clinical practice, specialising in paediatric neurological disability, complex motor disorders, progressive neuromuscular conditions, postural management, specialist equipment provision and major housing adaptations. Her career has been predominantly within community children's services, alongside experience in a children's hospital, providing her with extensive knowledge of the functional and rehabilitation needs of children with complex physical, neurological and developmental conditions.

Julie has substantial experience assessing and managing children with cerebral palsy, acquired brain injury, progressive neuromuscular conditions, and complex motor impairments. Her clinical work also encompasses children with oncology diagnoses, learning disabilities, autism spectrum disorder, ADHD and those presenting with co-existing sensory and communication needs. She has experience working with children whose clinical presentations include emotional dysregulation, behaviours that challenge and anxiety. She is experienced in conducting clinical assessments to identify changing needs in children and parents, including evaluating the necessity for increased care packages or the implementation of double-handed care, and formulating comprehensive evidence for panels.

Her specialist expertise includes postural management, the assessment and provision of specialist equipment and major housing adaptations for children with complex disabilities. She has particular experience addressing the practical implications of neurological and motor impairment within community environments, considering the equipment, environmental and functional needs of children with significant physical disabilities. Her clinical knowledge also encompasses the management of complex postures overnight, supported by recent specialist training in this area.

Julie currently holds the position of Clinical Team Lead within an integrated Health and Social Care children's occupational therapy service. Her role involves managing a large and complex clinical caseload alongside clinical supervision and management responsibilities. She has extensive experience coordinating multidisciplinary and multi-agency meetings for children with complex needs, working across Health, Education and Social Care to support coordinated assessment and service delivery.

Throughout her career, Julie has developed considerable experience in clinical leadership, professional supervision and multidisciplinary communication. She maintains her clinical expertise through regular internal and external training, specialist workshops and review of current evidence and best practice. She recently completed leadership training and further education in managing complex postures overnight. Julie is registered with the Health and Care Professions Council and is a member of the Royal College of Occupational Therapists.

Julie is fully trained in the Civil Procedure Rules, including relevant revisions as they arise. She actively maintains her continuing professional development via a range of training opportunities, ensuring she stays abreast of the latest advancements in her field.



Specialisms

- ADHD and ASD
- Behaviours That Challenge
- Learning Disabilities
- Paediatric Amputations
- Cognitive disability
- Postural Management
- Complex Motor Disorders
- Acquired Brain Injury
- Disabled Facilities Grants
- EHCPs
- Paediatric Oncology-Related Disability
- Sensory and Communication Needs
- Major Housing Adaptations
- Specialist Equipment Provision
- Progressive Neuromuscular Conditions
- Paediatric Neurological Disability
- Cerebral Palsy

Age Group

- Paediatric (0 to 18)
- Adolescent (12 to 18)

Career History

- Children's Community Occupational Therapy Clinical Team Lead March 2025 - Present
Central and North West London NHS Foundation Trust
 - Band 7 Clinical Team Lead within an integrated NHS and Social Care Team
 - Supporting children and young people aged 0-19 with complex neurological, developmental and degenerative conditions
 - Supporting service manager in the delivery of high-quality, person-centred care
 - Overseeing the Children's Occupational Therapy Team
- Advanced Paediatric Occupational Therapist January 2021 - March 2025
Central and North West London NHS Foundation Trust
 - Band 7 Occupational Therapist within an integrated NHS and Social Care Team
 - Supporting children and young people aged 0-19 with complex neurological, developmental and degenerative conditions
 - Managed a large and complex caseload requiring advanced clinical reasoning, prioritisation and coordinated intervention planning
 - Coordinated care with families, schools, social workers, physiotherapists, speech therapists and medical teams
 - Assessed for specialist equipment, postural seating and major and minor home adaptations, including Disabled Facilities Grant applications
- Advanced Paediatric Occupational Therapist February 2009 - January 2021
Bedfordshire and Luton Children's Occupational Therapy Service
 - Band 7 Community Paediatric Occupational Therapist supporting children and young people across mainstream schools, specialist settings, nurseries and home environments
 - Led the Occupational Therapy provision within a large secondary special school
 - Managed complex physical disability and neurodevelopmental caseloads
 - Assessed and implemented specialist seating, splinting and upper limb rehabilitation programmes



Career History

- Conducted EHCP assessments, tribunal reports and functional recommendations
- Co-developed online training resources relating to sensory difference and functional skill development
- Children's Occupational Therapist August 2003 - February 2009
West Hertfordshire NHS Trust
 - Band 7 Lead Occupational Therapist within community paediatrics supporting children and young people aged 0-19
 - Delivered clinic, school and home-based Occupational Therapy assessments
 - Coordinated MDT assessments and intervention planning
 - Delivered SENCO training
- Children's Occupational Therapist August 2001 - August 2003
West Hertfordshire NHS Trust
 - Band 6 Occupational Therapist
 - Assessed and treated children with complex physical disabilities and neurodevelopmental conditions
- Children's Occupational Therapist April 2000 - August 2001
Sheffield Children's Hospital NHS Trust
 - Worked across orthopaedics, oncology, rheumatology, plastic surgery, paediatric intensive care and neurology services
 - Acute management of acquired head injuries

Qualifications

- MSc Occupational Therapy: Brunel University, London 1997
- Assisting Hand Assessment 2024
- Designing Homes for Autistic People with Sensory Differences 2024
- Disabled Facilities Grant Training 2021
- Advanced Bobath Assessment and Intervention With Babies and Young Children 2012

Registrations & Memberships

- Royal College of Occupational Therapists: full membership
- Health and Care Professions Council: OT28357