

# Ansu Pienaar

Case Manager

Independent Occupational Therapist

## Profile

Ansu is a highly experienced and skilled occupational therapist and case manager, with more than 20 years' experience in supporting clients with a wide range of challenges.

Her case management experience includes rehabilitation of children and adults with orthopaedic and traumatic brain injuries.

## Specialisms

- Traumatic and acquired brain injury
- Amputations - lower limb
- Musculo-skeletal/orthopaedics
- Paediatrics

## Ages covered

- Paediatric
- Adult

## Biography

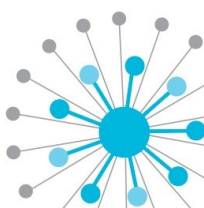
Ansu qualified as a occupational therapist in 1999 in Western Cape province of South Africa and has worked in a variety of settings, within statutory and private services.

She has gained extensive experience of case management and rehabilitation whilst employed in the UK and South Africa. She is able to deliver effective vocational rehabilitation and is skilled in formal and informal liaison with clients, managers and employers.

She has worked with both adults and children with a wide variety of clinical conditions including neurological impairment, orthopaedic injuries, pain management, hand injuries, amputees, traumatic brain injury and PTSD.

Ansu has extensive experience within NHS acute and community services, education, mental health and children's services. This has honed her skills of working closely with other professionals and using goal-orientated intervention to work in partnership with clients and their families to enable them to achieve successful and meaningful changes.

Ansu is passionate about enabling meaningful participation in everyday life, in line with the life stage, values and circumstances of the individual. She has a special interest in supporting children and families with complex neurological conditions and specific neuromuscular challenges. She has also been highly effective in supporting adults whose challenges in the work-place could be described as impacted by specific processing or communication difficulties.



## Qualifications

- B. Occupational Therapy, University of Stellenbosch, South Africa, 1999
- Sensory Integration (Level 3), 2012
- Advanced DIRFloortime Practitioner, 2015

## Memberships

- Health and Care Professions Council (HCPC)
- Case Management Society UK (CMSUK)
- Royal College of Occupational Therapists (RCOT)
- Royal College of Occupational Therapists Specialist Section - Children, Young People & Families
- Royal College of Occupational Therapists Specialist Section - Neurological Practice

## Contact details

### Location:

Cambridgeshire

### Tel:

0759 8080 254

### Email:

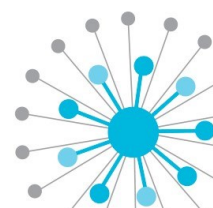
[ansu.pienaar@independenceworks.net](mailto:ansu.pienaar@independenceworks.net)

### Website:

[www.independenceworks.net](http://www.independenceworks.net)

## Clinical skills and experience

- Case management and rehabilitation following neurological impairment, orthopaedic injuries, pain management, hand injuries, amputees, traumatic brain injury and PTSD.
- Extensive experience working as a treating clinician as part of a multidisciplinary team for clients with life-changing injuries.
- Managing and treating the needs of children and young adults with complex disability and autistic spectrum disorder.
- Vocational rehabilitation skills including assessment, task analysis, sensory processing advice, ergonomic advice and pacing advice.
- Involved in upper limb and lower limb rehabilitation for children and adults following amputation.
- Assessment of hand function and provision of splints plus advice for clients with neuromuscular and rheumatology related conditions, including functional skill retraining and pain management.
- Delivering home-based rehabilitation to adults post-orthopaedic surgery.
- Use of health education and the health coaching model, as well as motivational interviewing.
- Assessment of housing needs for minor and major adaptations (including liaison with surveyors and architects).
- Assessment for specialist equipment and postural management equipment for a variety of conditions.
- Provision of specialist occupational therapy input to non-profit organisations (NPOs), including the Rare Diseases Group and Kidneybeanz in South Africa.
- Working with clients from varied vocational backgrounds including professionals, farmers/farm workers, labourers and academics.
- Experienced working with non-English-speaking clients, both children and adults.
- Delivered postural management, sensory processing and Floortime training.
- Committed to continuing professional development - full details of recent training are available on request.
- Client and solicitor feedback/testimonials are available on request.



## *Career history – private sector*

### **Independent Occupational Therapist & Case Manager - Independence Works Ltd**

2017 - present

- Providing case management services to adults and children with traumatic brain injuries, and complex and minor orthopaedic injuries, in accordance with the Rehabilitation Code.
- Providing targeted individualised assessments of clients within the context of their wider family, social and work roles.
- When required, researching and referring to therapists and consultants, building good and regular communication with the treating team
- Building a cohesive team around the client, with a goal centred approach.

### **Independent OT, SensAble Occupational Therapy, Company Director**

2017 - present

- Continued work as an independent occupational therapist alongside case management role, focusing on the rehabilitation of adults and children post-injury, or enabling and advising on development and access to the curriculum for children with a variety of needs. I enjoy using a combination of assistive technology, mainstream technology and rehabilitation through everyday activity to achieve an optimal outcome.

### **Independent Occupational Therapist, The Children's Therapy Centre, Sandton, South Africa**

2010 - 2014

- Leading an OT practice for children and their families, with a wide range of challenges, including children living with rare diseases, renal impairment, hypoxic brain injury, cerebral palsy and other neuro developmental and social communication disorders.

### **Occupational Therapist, Forest Town Special Education School, Johannesburg, South Africa**

2010

- Worked as an independent OT in education setting, predominantly with children (5-16 years) who had cerebral palsy, autistic spectrum disorder or neurological disorders.

## *Career history – statutory sector*

### **Band 7 Occupational Therapist, Cambridgeshire Community Children's Services**

2015 - 2017

- Complex caseload including neurological disorders, traumatic brain injury, end of life support and cerebral palsy.

### **Occupational Therapist, Community Paediatrics – Newham NHS, London**

2009 - 2010

- Complex neurological caseload and autistic spectrum conditions.

### **Band 7 Occupational Therapist, Cambridge Community Service, Children's Therapy Service**

2005 - 2009

- Supervision role in addition to complex clinical caseload including neurological disorders, traumatic brain injury, developmental conditions and cerebral palsy.

### **Occupational Therapy Rotational Post, Addenbrookes University Hospital, Cambridgeshire**

2003 - 2007

- Rapid Response Team - acute assessment and admission prevention for adults with a range of conditions including concussion/mild TBI, stroke/TIA, orthopaedic injury and confusional states.
- Children's Services - complex clinical caseload including neurological disorders, traumatic brain injury, developmental conditions and cerebral palsy.
- Integrated Community NHS Services for Adults - rehabilitation for adults following orthopaedic injury and elective surgery, stroke, and neurological conditions.
- Acute Medicine - inpatient rehabilitation and discharge planning following acute medical conditions.
- Medicine and Surgery - amputee rehabilitation (upper limb and lower limb) for both children and adults.

### **Occupational Therapist, Locum Positions (Various), London**

2001 - 2003

- Including neuro rehab, mental health, day hospital work, working with parents with learning difficulties.

