

# Sandra Rogers

Case Manager

Independent Occupational Therapist

## Profile

A founding director of Independence Works Ltd, Sandra is an extremely experienced and highly skilled case manager and occupational therapist.

Her main focus is on major trauma, life-changing injuries such as spinal injuries, amputees and acquired brain injuries.

Sandra was runner up in the CMSUK Case Manager of the Year 2014.

She is registered with the Institute of Registered Case Managers (IRCM).

## Specialisms

- Catastrophic injury
- Spinal injuries
- Amputations - upper limb/lower limb
- Musculo-skeletal/orthopaedics

## Ages covered

- Paediatric
- Teenagers

## Biography

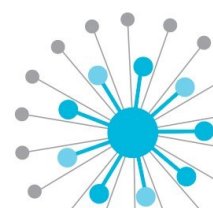
Sandra graduated in occupational therapy in 1987 and has been in independent practice as an occupational therapist and case manager since 2000.

She specialises in the case management of clients who often require both complex and vocational rehabilitation. Her scope of practice covers assessment and case management of clients who have sustained a major trauma including spinal injuries, acquired brain injury, amputations, multiple fractures (frequently pelvic) and chronic pain.

The rehabilitation she organises commonly includes specialist physiotherapy, occupational therapy and neuropsychology. Her work with clients often involves home adaptations, assistive technology, powered and lightweight wheelchairs, and specialist vehicles. She is sensitive to the impact of a client's life-changing injury on the whole family. She is experienced in identifying when specialist care packages are required and setting those up, sometimes with NHS Continuing Healthcare.

Rehabilitation often includes assisting a client back into work, which is central to a person's identity and self-esteem as well as enabling a return to their pre-injury family roles and hobbies. Sandra's clients have ranged in background from manual workers to self-employed and professionals, and range in age from children to early retired people and older.

Sandra is extremely experienced in working in a multi-disciplinary team with medical and paramedic professionals, social workers, disability employment advisors, probation officers and mental health teams, solicitors, insurance companies and employers. She is a creative thinker and has a goal-focused approach with her clients using clear communication and team work to get the best rehabilitation outcomes.



## Qualifications

- Certificate in Health Care Management, University of Hertfordshire, 1997
- Certificate in Biblical and Mission Studies, London Bible College, Northwood, 1991
- Diploma of the College of Occupational Therapy, (DipCOT) University of Ulster, 1987

## Registrations &

## Memberships

- Health and Care Professions Council (HCPC)
- Institute of Registered Case Managers (IRCM)
- Register of Health Care Professionals, Guernsey & Alderney
- Royal College of Occupational Therapists (RCOT)
- Case Management Society UK (CMSUK)
- Spinal Injuries Association (SIA)
- Multidisciplinary Association of Spinal Cord Injury Professionals (MASCIP)

## Contact details

**Location:** Wiltshire

**Tel:** 01672 516997

**Email:**

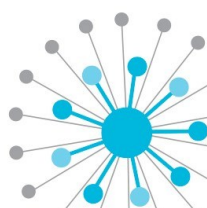
Sandra.Rogers@independenceworks.net

**Website:**

www.independenceworks.net

## Clinical skills and experience

- Extensive experience of hands-on assessment and clinical treatment for patients of all ages and with a full range of physical conditions.
- Client conditions have included spinal injuries, acquired brain injuries, amputations, multiple fractures, chronic pain, serious back conditions and joint fusions resulting from a wide variety of work-related accidents and road traffic accidents.
- Specialist expertise in spinal injury rehabilitation, including vented and high-quadruplegic patients. Special interest in assistive technology for highly-dependent clients.
- Interventions have included managing physical rehabilitation, deploying assistive technology in the home and workplace, pain management coaching, psychological support, and arranging retraining and work placements.
- Very strong communicator with a commitment to good quality regular reporting and contact; expertise in building a multi-disciplinary case team and excellent problem-solving skills.
- Experienced in case management and rehabilitation within the insurance and litigation framework, particularly working under joint instruction, or as a jointly instructed partner with a client case manager.
- Expert knowledge and skills in restoring a client's independence in daily living activities including personal care, domestic tasks and community activities.
- Extensive experience of treating patients with complex psychiatric and social histories and with varied educational attainment.
- Experienced in working with patients from varied ethnic/cultural backgrounds, including those with limited or no English, and with a translator when needed.
- Supervision of a small group of occupational therapists to promote clinical excellence and professional development.
- 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**

2013 - present

- Founding director of IW Ltd from 2013 – an organisation which grew from a rehabilitation project supported by a group of solicitors and insurers and based on international research and evidence in this field.
- Working to maintain knowledge of the use of technology in treating spinal cord injury in relation to ambulation, recovery, use of computers and assistive technology to improve independence and quality of life.
- Running training sessions for IW Ltd occupational therapist case managers concerning clients with a spinal cord injury, covering every aspect of their needs from housing adaptations to the management of pressure ulcers.
- Delivering regular professional clinical supervision and reviews to a small group of occupational therapists case managers who have a wide variety of cases from vocational rehabilitation to a high value case with life-changing injuries.

### **Independent Occupational Therapist, Company Director - Complex Neurological Consulting**

2000 - present

- Providing rehabilitation for clients with complex orthopaedic conditions or physical disabilities.
- Main focus on major trauma, life-changing injuries such as spinal injuries, amputees and acquired brain injuries.

## *Career history – statutory sector*

### **Occupational Therapist, Royal National Orthopaedic Hospital Trust (RNOHT)**

1992 - 1999

- Six years' experience of treating spinal injuries, including three years as head clinical occupational therapist in spinal injury unit.
- Rehabilitated numerous ventilated, quadriplegic and paraplegic patients, and clients with incomplete spinal injuries.
- Head clinical occupational therapist for one year.

### **Senior Occupational Therapist, Northwick Park Hospital, Middlesex**

1989 - 1990

- Cardiac rehabilitation (out-patients), cerebrovascular accident, degenerative disorders, head injuries.

### **Rotational Occupational Therapist Post, Royal Victoria Hospital, Belfast**

1987 - 1989

- Basic grade rotational post (6-monthly rotations) at teaching hospital.
- Care of elderly (in-patients), elderly day hospital, neurology and neurosurgery, general medicine and surgery.

