

Sonia Campbell-Thompson

Case Manager

Independent Occupational Therapist



Profile

A highly experienced occupational therapist, Sonia has worked with clients with a wide-range of injuries and conditions.

She is registered with the Institute of Registered Case Managers (IRCM), is a member of the Case Management Society UK (CMSUK) and an advanced registered practitioner member of the British Association of Brain injury and Complex Case Management (BABICM).

Specialisms

- MSK / orthopaedics
- Persistent pain
- Spinal injuries
- Social and elderly care
- Equipment and housing
- Moving and handling
- Mental health conditions
- Mild TBI /TBI as a secondary diagnosis/post-concussion syndrome
- ADHD / trauma
- Functional neurological / cognitive disorder (FND / FCD)

Ages covered

- Adult

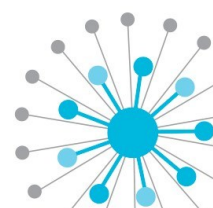
Biography

Sonia is an experienced healthcare professional with a strong background in community-based services, including nursing, social care and management. Having retrained as an occupational therapist in 2006, she brings a diverse skill set and a holistic approach to patient care.

As an occupational therapist dedicated to maintaining her continuing professional development and expanding her knowledge, Sonia has extensive experience as a clinician and has a varied knowledge base of current legislation and evidence based treatment. The variety of roles that Sonia has undertaken during her working career within healthcare, have provided her with a solid base of varied information underpinning her case management knowledge and practice.

Since moving into case management in 2017, Sonia has built up a strong network of professional contacts, with whom she works closely to help her clients meet their goals. She is a strong leader and proactive communicator and facilitator, ensuring the clinicians employed work together efficiently as a team. She has become dedicated to advocating for her clients to ensure access to the best rehabilitation possible in the quickest timescale within reasonable budgets. Sonia is confident, hardworking, professional, non-biased, open-minded and passionate about supporting her clients with their rehabilitation. She is a strong advocate and can lead an MDT (multidisciplinary team) to produce effective results to meet her client's shared goals.

In June 2025 she achieved Advanced Registered Practitioner Membership of the British Association of Brain injury and Complex Case Management (BABICM).



Qualifications

- Advanced Registered Practitioner Membership of the British Association of Brain injury and Complex Case Management (BABICM), 2025
- Moving and Handling - Train the Trainer 2019, annual updates
- BSc (Hons) Occupational Therapy, York St John University, 2010
- Management in Health and Social Care (Level 4), Leeds Metropolitan University, 2006

Registrations & memberships

- Health and Care Professions Council (HCPC)
- Institute of Registered Case Managers (IRCM)
- Royal College of Occupational Therapists (RCOT)
- British Association of Brain injury and Complex Case Management (BABICM) - Advanced Registered Practitioner Membership
- Case Management Society UK (CMSUK)
- National Back Exchange

Contact details

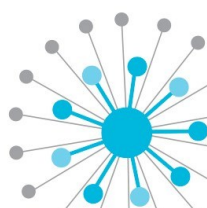
Location: West Yorkshire

Tel: 07904 190828

Email: sonia.campbell-thompson@independenceworks.net

Clinical skills and experience

- Organised, proactive and a strong advocate for her clients.
- A vast knowledge and range of experience working with key statutory and supporting services, both inpatient and community-based.
- Excellent communication skills and proficiency in multi-agency communication .
- Dynamic, confident, and autonomous, with a strong network of clinical and professional contacts.
- Methodical, reflective, unbiased and time-focused approach.
- Holistic, person-centred, collaborative approach to treatment and rehabilitation goals.
- Passionate and highly motivated to help her clients achieve their goals, resulting in excellent rehabilitation outcomes, despite challenges such as the restrictions during the COVID-19 pandemic.
- Recruitment of support workers with ongoing support and supervision.
- Embraces change, a strong and adaptive leader able to manage complex cases and smaller claim cases, including remote working and desktop assessments. .
- 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 July 2025 - present

- Providing rehabilitation case management for a varied caseload of clients with a range of injuries.
- Undertaking thorough assessments to determine their needs, goals and clear recommendations.
- Completion of clear and relevant reporting throughout the process to all parties.
- Considering client's health needs and impact of the injury on their daily functioning, work, lifestyle, and psychological effects of the injury on the individual.
- Devising and implementing coordinated packages of rehabilitation to optimise recovery and pre-injury level of functioning.
- Ensuring rehabilitation continues to meet the client's needs at all stages, with regular reviews and evaluation, providing up to date recommendations and approaches if required.

Independent Occupational Therapist & Case Manager - Positive OT & Case Management Ltd 2023 - 2026

- Equipment and adaptation assessments and reports for Leeds University Accommodation (sensory, physical and neurodiversity needs for young people and adults).
- Occupational therapy assessments and reports.
- Adult case management for complex and catastrophic cases (litigating/settled, joint/single instructions).
- Close working partnerships with statutory services.
- Multidisciplinary team (MDT) management and co-ordination.
- Direct employment of personal assistants.

Clinical Case Manager - Unite Professionals Ltd 2018 - 2023

- Adult case management for complex and catastrophic cases, via remote and face to face assessments.
- Clinical supervision of support team.

Independent Occupational Therapist - Wharfedale OT Services 2017 - present

- Company director of a private occupational therapy service offering personalised and bespoke OT services to both individuals and care services.
- Offering supported visits, equipment and adaptations, moving and handling guidance, functional and environmental assessments and personal reports.

Case Manager - Enable Therapy Services 2017

- Remote, post-assessment case management.

Break from professional practice due to ill health and physical disability 2014 - 2017

Career history – statutory sector

Community OT, Bradford Adult & Community Services 2010 - 2014

