

Rachel Swains

Case Manager

Independent Occupational Therapist

Profile

Rachel is a highly skilled independent occupational therapist and case manager, who provides rehabilitation following catastrophic and complex injury.

Her specialisms include traumatic brain injury, psychological and behavioural changes, severe orthopaedic injuries and lower limb amputations.

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

Specialisms

- Catastrophic injury
- Traumatic and acquired brain injury
- Amputations - lower limb
- Musculo-skeletal/orthopaedics
- Polytrauma
- Vocational rehabilitation

Ages covered

- Adult
- Adolescents

Biography

Rachel qualified in 2000 and is a highly experienced occupational therapist, working with adults and adolescents in the statutory and private sectors.

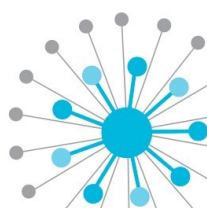
She has been a case manager in her current role since 2016 and specialises in working with clients who have sustained catastrophic and complex injuries. She supports her clients and their families from the early initial stages post injury through the assessment process, acquiring appropriate accommodation and specialist equipment, facilitating and setting up rehabilitation programmes and therapy, transport, and formal support and care.

She uses a client focussed approach to help problem solve and support clients to reengage in meaningful daily activities including participation in their hobbies and interests, socially and in relation to work. She also provides support to family members to help them adjust.

Rachel has comprehensive skills in assessment, report writing, goal setting, and leading multi-disciplinary teams. Her clinical experience has led to a thorough understanding of services and how to facilitate joint working across multiple agencies in order to achieve the best possible outcomes for her clients. She believes in the importance of developing successful working relationships between clients, family, health and social care providers, employers and litigation representatives alike.

She is confident in supporting her clients from an acute rehabilitation phase through to vocational rehabilitation. With experience in undertaking work place assessments, formulating return to work plans, liaising with employers and exploring transferable skills, she is able to help clients equally in returning to employment or to meaningful vocational roles.

Rachel is skilled in the areas of traumatic brain injury, complex orthopaedic injury, lower limb amputation, polytrauma, psychological problems and long-term conditions.



Qualifications

- BSc (Hons) Occupational Therapy, Coventry University, 2000

Memberships

- Health and Care Professions Council (HCPC)
- Institute of Registered Case Managers (IRCM)
- Case Management Society UK (CMSUK)
- Royal College of Occupational Therapists (RCOT)

Contact details

Location:

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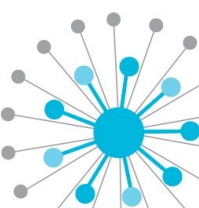
rachel.swains@independenceworks.net

Website:

www.independenceworks.net

Clinical skills and experience

- Assessment, rehabilitation and case management for clients, including arranging and managing multidisciplinary input, care packages, specialised equipment and housing adaptations.
- Experience working with adolescents, adults and families, statutory and private services, solicitors, insurers and employers.
- Assessment of a client's level of function post injury/trauma.
- Skilled in the provision and coordination of multi-disciplinary rehabilitation.
- Experienced in setting up and monitoring care packages.
- Experienced in vocational rehabilitation including work site assessments and return to work support.
- Skilled in the coordination of rehabilitation of clients with cognitive impairment and decreased awareness.
- Experienced in arranging specialist aids, equipment and adaptations, including wheelchairs, housing adaptations, prosthetic provision and technology.
- Planning and executing complex occupational therapy rehabilitation programmes with an emphasis on maximising a client's independence and level of function within the home or at work.
- Neuro-occupational therapy team leader and clinical specialist OT within an acute NHS trust.
- Supervision, education and training of OT staff, students and other health professions including performance management and appraisals/supervision.
- Assisted in the development of clinical procedures, protocols and new services for occupational therapy and other health professions.
- Excellent organisational, time management skills, verbal and written communication skills.
- 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** 2016 - present
- Provision of occupational therapy case management including assessment and co-ordination of rehabilitation following complex trauma including brain injury, orthopaedic injury, amputations and psychological needs, focusing on facilitating client's return to performance of daily tasks and employment.
 - Commissioning services such as specialised therapies, investigations and evidence-based treatment to optimise rehabilitation outcomes.
 - Liaison with insurers, solicitors and treating professionals.
 - Highly experienced in assessment and report writing.
 - Single instruction (claimant) and joint referrals.
 - Professional clinical supervision of other occupational therapist/case managers.
- Personal Health Advisor and Occupational Therapist, Ingeus** 2014 - 2016
- Part-time working on a pilot study by DWP, with a group of clients receiving ESA, to help them manage their health and wellbeing, aiming to increase their future employability.
- Case Manager, Harrison Associates** 2012 - 2014
- Completing immediate needs assessments and case management duties, for clients with catastrophic injuries, going through the medico-legal and compensation process.
- Senior OT, Brain Injury Rehab Trust, (private charitable trust), Birmingham** 2005 - 2008
- Assessed and provided rehabilitation within an multi-disciplinary team in a community integration unit.

Career history - statutory sector

- Locum Community Neuro-Occupational Therapist, Rehabilitation Services, Coventry** 2012 - 2013
- Assessment and rehabilitation of clients with neurological diagnosis, predominantly stroke, within the community.
- Locum Community Neuro-OT, Community Neuro-Rehab Team, Oxted Therapies Unit** 2012
- Assessment and rehabilitation of clients with neurological diagnosis, predominantly stroke, within the community.
- Principal Occupational Therapist, Sandwell and West Birmingham NHS Trust** 2008 - 2012
- Team leader for the neurological and rehabilitation team - provided clinical specialist input, assessed and treated clients and led the neuro OT team within the trust.
- Senior Occupational Therapist, Heartland's Hospital, East Birmingham** 2003 - 2005
- A rotational post providing assessment and rehabilitation to inpatients and outpatients with a neurological diagnosis.
- Senior OT and Basic Grade OT, Good Hope Hospital, Sutton Coldfield** 2000 - 2003
- Assessed and treated clients with a variety of diagnoses within an acute hospital environment.

