



# Heads Up Therapies

Curriculum Vitae – Matt Birrell

## Occupational Therapist

### PERSONAL PROFILE

I feel passionate about my chosen career in Occupational Therapy as it enables people to develop a sense of purpose through engaging in meaningful occupation. I have a calm disposition and positive approach to life which has helped me in my occupational therapy career to date. I am patient and have a caring personality which I have found to be invaluable when working with clients using a person-centred, holistic approach. My work experiences have allowed me to develop my skills in various settings and work with people with various complex conditions. I am able to quickly establish a therapeutic relationship with clients and work collaboratively with them to formulate and deliver individual treatment plans with SMART goals and promote a personalised, client-led focus. I put my clients at the heart of my work and I am passionate about supporting them to live their lives to the best of their abilities.

I am experienced in assessing life changing illness and injuries and understand progression of long-term conditions. My knowledge and work experience in rehabilitation gives me a comprehensive understanding around client's potential of recovery and enables me to identify suitable rehabilitation goals. I am experienced in completing detailed functional assessments and I have used a range of non-standardised and standardised assessment tools. I am thorough with my assessment reports and produce these in a timely manner, striving for quality at all times.

My hobbies include playing badminton for my local team, listening to music, attending the gym and looking after Cooper – my Miniature Dachshund puppy. I also enjoy socialising with friends and family. I am a people-person, and this has enabled me to establish and develop effective, therapeutic relationships.

### EDUCATION & QUALIFICATIONS

#### University of Cumbria

2010 – 2013

BSc (Hons) Occupational Therapy (2:1)

#### University of Lancaster

2016 – 2017

PG Cert Leadership & Management (Merit)

#### Edge Hill University

2019

PG Module Critical Thinking in Health & Social Care (Distinction)

### PROFESSIONAL MEMBERSHIPS

**Health and Care Professions Council** OT68369

**British Association of Occupational Therapists** BT0252645

**RCOT Specialist Section** – Housing

**RCOT Specialist Section** – Independent Practice

**British Association of Brain Injury and Complex Case Management Member**



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## EMPLOYMENT

### **Birrell Associates Limited**

#### **Director/Occupational Therapist**

**Dec '19 – Present**

Specialising in housing and equipment, I undertake private occupational therapy assessment and intervention for clients across the northwest. I use my range of clinical experiences to provide comprehensive assessment reports with recommendations that are clinically justified and backed by evidence. I deliver bespoke intervention programmes to support client's rehabilitation needs. I am experienced with working with contractors, surveyors and equipment representatives to ensure provision meets the client's assessed needs.

### **Heads Up Therapies**

#### **Associate Occupational Therapist**

**Aug '20 - Present**

Private neuro-occupational therapy rehabilitation with clients who have sustained acquired brain injuries. I undertake thorough assessments of need and support clients to engage in meaningful and purposeful activity including social, leisure and productivity. I am experienced in assessing cognitive and physical difficulties with activities of daily living and implement treatment plans to increase independence and quality of life. I regularly work as part of an MDT with case managers and health professional to ensure rehabilitation is seamless. I tailor rehabilitation to meet the client's needs, putting their wishes first, ensuring intervention remains person centred.

### **Able-2 Occupational Therapy Services Ltd.**

#### **Occupational Therapy Manager**

**Nov '19 - Present**

Occupational therapy management of various contracts within the company including adult social care and concessionary travel. Providing leadership and clinical guidance to occupational therapists within the company including supervision and queries. Involved in strategic developments of the company from a clinical perspective including service improvement. Approving occupational therapist assessment reports for quality, ensuring recommendations are clinically justified. I also continue to work for the company as a senior occupational therapist undertaking independent OT assessments across the northwest.

### **Enable Therapy Services**

#### **Associate Senior Occupational Therapy Services**

**Nov '19 – January '21**

Undertook a range of services including OT functional assessments, housing assessments, equipment assessments and telephone diagnostic case management assessments. I have experience in recommending rehabilitation goals and completing comprehensive assessment reports. I implemented my recommendations as part of a rehabilitation programme to support clients to return as close of possible to their pre-index-accident abilities. I regularly recommended standard and specialised equipment to support client's independence at home and in the community.



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### **Sefton Council**

#### **Senior Occupational Therapist**

**Oct '16 – Oct '20**

Assessing adults and young people who have complex, diverse and fluctuating health conditions, recommending minor and major adaptations that meet their current and long-term needs. Provide basic and specialist equipment to help people and their carers manage daily living tasks with an emphasis on maximising independence. Moving and handling assessments and providing associated equipment/handling plans to support these needs.

### **Mersey Care NHS Trust**

#### **Occupational Therapist**

**Feb '15 – Oct '16**

Mental Health rotation where I gained experience in Community Older Adult Mental Health and High Secure Adult Mental Health. Assessing risks in the home environment and problem solving to keep people safe at home for as long as possible. Providing assistive equipment and technologies that help people with dementia maintain their safety and independence in their home environment. Developed skills in risk assessment, observation, communication, dealing with difficult people and managing hostile situations.

### **Liverpool Community Health NHS Trust**

#### **Director/Occupational Therapist**

**Sep '13 – Feb '15**

Community rehabilitation rotation where I gain experience in Intermediate Care, Emergency Response and Community Rehabilitation. Intensive rehabilitation to maximise independence, support safe discharge home and prevent hospital admission. Collaborated goal setting with clients to achieve identified meaningful rehabilitation goals. Assessing patients in crisis; working as an MDT to avoid hospital admission.

## **VOLUNTEERING**

### **University of Cumbria**

**Jan 2016 – Present**

#### **Invited Speaker / External Examiner**

As part of my CPD, I periodically assist with various parts of the BSc and MSc OT course which has included student open days, external examining and delivering presentations/lectures. This is my way of giving back to the University which looked after me so well and enables me to participate in excellent CPD whilst maintaining my knowledge of up-to-date research and evidence-based practice.

### **Headway Wigan and Leigh**

**Feb 2022 – Present**

#### **Committee Member**

I am a committee member of the brain in jury charity Headway at the Wigan and Leigh branch where I volunteer my time.



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