



### Occupational Therapist

#### PERSONAL PROFILE

I am a passionate and enthusiastic Occupational Therapist. I pride myself on establishing and maintaining excellent therapeutic relationships in a bid to maximise individual potential. I hold client centeredness in high regard and believe that each client/patient should be treated in an individual manner with goals to suit the client's needs and wishes. I have experience in the private sector and have a good understanding of the medico-legal framework. I firmly believe in the benefits of incorporating sport and leisure activities within the rehabilitation package to promote positive wellbeing. I thrive off working with those who are difficult to engage and work with them to establish therapeutic habits and routines.

#### EDUCATION AND QUALIFICATIONS

##### University of Salford

**2011-2014**

BSc (Hons) Occupational Therapy (1<sup>st</sup>)

##### University of Salford

**2006-2009**

BSc (Hons) Psychology (1<sup>st</sup>)

#### PROFESSIONAL MEMBERSHIPS

##### Health and Care Professions Council

OT70296


##### British Association of Occupational Therapists

BT0253452

**RCOT Specialist Section Neurological Practice RCOT Specialist Section Independent Practice**

#### EMPLOYMENT

 [ryan@headsuptherapies.co.uk](mailto:ryan@headsuptherapies.co.uk)

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Heads Up Therapies Limited is registered in England and Wales. Company Registration Number: 10321279





### **Heads Up Therapies**

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

**Sep '16- Present**

I established Heads Up Therapies, an Occupational Therapy company in 2016. The ethos of the company is deep rooted and aims to provide a holistic view to assessment and treatment and take an open approach when considering areas of functional deficit. Within the company I aim to develop and provide a wide range of engaging therapeutic rehabilitation opportunities, not least the Acquired Brain Injury Occupational Therapy Football and Golf Groups – these are therapeutic networks that offers a fun opportunity to develop cognitively, socially, physically and psychologically through the medium of sport.

#### **Roles and responsibilities include:**

- Assessing for cognitive functioning difficulties when performing ADLs
- Treating impaired executive function
- Cooking assessments
- Shopping assessments
- Road safety practice
- ADL assessments
- Environmental risk assessments
- Creating/contributing to the support plan
- Training support workers and families
- Developing cooking programmes
- Improve daily/weekly structure
- Improving engagement in leisure
- Assisting with PIP applications
- Developing strategies for executive functioning difficulties
- Memory aids
- Social skills training
- Assessing for small aids and adaptations
- Assessing for assistive technology
- Treatment update reports
- Running the Occupational Therapy Football Group
- Creating a disability Axe Throwing group





### **CA Therapy**

**Sep '16 – Aug – '17**

I work with a number of pre- and post-litigation clients who have sustained acquired brain injuries. The role involves establishing and maintaining rehabilitation and care packages which are tailored to meet the clients' individual needs.

#### **Roles and responsibilities included:**

- Implementing care packages
- Conducting supervisions and appraisals with support workers
- Implementing rehabilitation packages, including instructing professionals such as OT, SALT, physiotherapists, neuropsychologists, neuropsychiatrists, psychotherapists, and neurologists.
- Chairing MDT meetings
- Developing daily/weekly structure
- Completing various risk assessments such as environmental risk assessments, support worker risk assessments, and other specific risk assessments such as holiday, gym, skiing, using public transport etc.
- Setting goals
- Liaising with rehabilitation units
- Medico-legal experience, including providing statements, attending meetings with barristers and solicitors, and attending Joint Settlement Meetings.
- Providing brain injury specific training for family
- Completing initial assessments and creating an action plan
- Engaging clients with self-care, productivity, and leisure activities
- Developing individual outcome measures
- Writing care plans

### **Manchester Occupational Therapy Services**

**Nov '15 – Aug '16**

#### **Occupational Therapist**

My case load consists mainly of adults with acquired brain injuries, I take a holistic approach to assessing for dysfunction and enabling the client to be as independent as possible, whether that be in self-care, productivity or leisure. The majority of clients I work with have some neurological, orthopedic or cognitive deficit. I thrive on working as part of an MDT and liaising with case managers and other health care professionals. Part of my role within the company was to develop an adult service, as the company predominantly worked with children. This included developing a range of original proforma documents, networking to generate referrals and developing digital literature.

As part of developing the adult service, I created to brain injury occupational therapy football group, this was designed to engage clients in a meaningful therapeutic activity.





### **Northern Case Management**

**Jun '13 – Nov '15**

#### **Case Manager and Occupational Therapist**

This involved managing a caseload of around 12 clients utilising the occupational therapy process to assist them in their everyday activities such as cooking, cleaning, accessing the local community etc. My caseload was a balance of OT and case management clients. Part of my role was to set up and organise the in-house OT Forum which involved sharing information and case studies and creating in-house training and CPD opportunities. The role involved working with a variety of pre and post litigation cases.

#### **FURTHER TRAINING**

- Headwise 2nd Annual Brain Injury Conference – 13/07/17
- BrainWaves Training – Issues in Job Retention – 29/06/17
- Guest speaker at the NW RCOT 'Shout About Practice' study day – 24/05/17
- Interviewer for the, Into Employment assessments, on the OT programme at the University of Salford -02/03/17 & 18/05/17
- BrainWaves training – 'Therapeutic Alliance' – 23/02/17
- Guest speaker on the Into Employment module, on the OT programme at the University of Salford –23/02/17
- Irwin Mitchell Conference – Vocational Rehabilitation – Is it effective within the current provision of rehabilitation within the UK? – 16/02/17
- Guest speaker at LSBU OT Society Conference – 03/02/17
- Values Based Recruitment Training – University of Salford – 16/12/16
- Irwin Mitchell Mock Trial – 30/11/16 & 20/09/17
- Working to get back to 'normal' – BIRT – 12/10/16
- Teaching at The University of Salford – 29/09/16 & 28/09/17
- Published article 'Creating an age appropriate therapeutic network' in OT News Sept 2016
- Published article 'Going for Goals' in OT Magazine Sept/Oct edition 2016
  
- Irwin Mitchell – Essential Update for Case Managers
- IIC Show 2016
- Interviewing OT students at Salford University
- Kidz up North exhibition – 2015
- OT Show – 2014, 2015, 2016
- Kingkraft Seminar – Designing Bathrooms for People with Varying Ability 28/05/15
- BABICM – Undertaking Research & Writing for Publication 24/04/15





- NCM – Brain Injury Rehabilitation Procedures
- NCM – Brain Injury Rehabilitation – or Not
- NCM – An Introduction to WRAP – 06/11/14
- NCM – Disclosure & Privileged Documents – 24/09/14
- Handicare – Seating Intervention Using Posture Management
- Stroke Rehabilitation; the appliance of science – 27/10/14
- Attention Deficit Hyperactivity Disorder (ADHD) and Sensory Processing Disorders (SPD) – differential diagnosis and comorbidity – 25/10/15
- Mild head injury: How mild is it? – 25/10/15
- Occupational Therapists are you ready to be the "expert" in Manual Handling? – 25/10/15

