



Heads Up Therapies

Curriculum Vitae – Aaron Craven

Occupational Therapist

PERSONAL PROFILE

I Qualified as an Occupational Therapist 6 Years ago. In that time, I worked in both NHS acute and community settings with rehabilitation at the heart of my practice. Having gained a particular interest in community rehabilitation and palliative care within the home environment. I feel this is where both my skillset and passion shine through!

EDUCATION & QUALIFICATIONS

BSC Hons first class Occupational Therapy

2018

QNI Clinical Leadership post grad

PROFESSIONAL MEMBERSHIPS

Health and Care Professions Council (HCPC- OT77531)

Royal College of Occupational Therapists (RCOT/BAOT)

RCOT Specialist Section - Independent Practice

EMPLOYMENT

Mid Yorkshire Hospital Contract

Occupational Therapist

2018-2020 (rejoined part time 2024)

I began my career as a community rehabilitation Occupational Therapist, working in people's own homes providing support with maximising their independence. This covered a broad spectrum of medical conditions across Physical and Mental health and Learning Disability.

I then took an opportunity within an inpatient ward specialising in recovery and safe discharge home. In this time, I gained valuable skills in safe and effective discharge planning as well as ensuring that patients within my care received a holistic approach. I strive to facilitate goals, no matter how big or small and from this work place my patient at the centre of my practice.

Having proved myself to be able work effectively under pressures within the acute setting, I took the role of a Rapid Response Occupational Therapist. This role Entailed working to treat those needing urgent support to remain in their own homes. Many patients within my care included acutely unwell frail patients, frequent falls, and end of life care, with a focus on ensuring the correct equipment and plans were in place to meet the safety of the all involved in care. Due to the nature of the workload, I became very effective working under immense pressure, in highly intense and emotionally charged situations; all whilst implementing accurate and comprehensive assessment of patient's needs. From assessments, devise plans to: mitigate risk, fulfil wishes and maximise independence in remaining at home. From the workload



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I have developed skills in jointly working within the multidisciplinary team around me. I am proficient in a thorough report writing of assessments providing clinical reasoning along with any recommendations and plans for future. I am pleased to say in my time in this role I kept countless people out of hospital unnecessarily.

In the COVID pandemic, I was re-deployed into a specialist COVID response team due to my specialist skillset in rapid response and complex care. From this work I was given an NHS service medal for going above and beyond in times of need.

Leeds Community Healthcare Trust

2020-2024

In later years I have seen promotions taking me into a role combining my love of community rehabilitation and rapid response, within this I have blended my skills in effective assessment and intervention along with the ability to often see the “bigger picture” of a situation then focus in on what matters to my patients. Then work alongside my patients, providing them with expert advice, accrued over years of experience to meet their needs and implement their own goals. Over the years, I have developed my Skills through hands-on experience, personal research and service development, expert supervision and attendance on specialist training courses. This has helped to develop a high-level of clinical reasoning and clinical expertise necessary when assessing and treating patients with highly complex needs and when providing expert opinions to other professionals, clients and family members.

Independent Practice

Occupational Therapist

2024-present

More recently, I have taken my love of Occupational therapy and am in the process of developing my own independent practice. I am to take my occupational therapy skillset as well as passion for helping others and combine this with my business acumen to support those who are in need of Occupational therapy intervention on their own terms. I have founded my own brand OT4Life to deliver this. I have been successfully delivering this for nearly one year, taking on private contacts for councils around the north of England and working with charities to deliver person centered care to those who need it most. Through this line of work, I have also worked with developers of equipment used in the OT industry. I have advised in product development, promotion and marketing acting as a consultant from the Occupational Therapy perspective


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April 2025



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ASSESSMENTS

- Immediate Needs Assessments
- Occupational Therapy Functional Assessments
- Comprehensive Fatigue Assessments
- Environmental Assessments
- Post-Concussion Assessments
- Cognitive & Fatigue Assessments
- Pain Management Assessments
- Wheelchair/Seating Assessments
- Ergonomic Assessments
- Functional Capacity Evaluations
- Job Demands Analysis/Worksite Assessments
- Vocational Transferable Skills Analysis Assessments
- Complex Moving and handling assessments

