



Occupational Therapy Assistant

PERSONAL PROFILE

I am an experienced Occupational Therapy Assistant and support worker with over 10 years' experience supporting individuals with acquired and traumatic brain injuries in both community and supported living settings. I have worked with people with complex cognitive, behavioural and physical needs, providing person-centred support that promotes independence, confidence and meaningful participation in everyday life.

I am experienced in working closely with multidisciplinary teams, case managers and families to implement rehabilitation programmes and structured support plans. I pride myself on being adaptable, observant and calm in complex situations, adjusting my approach to meet each person's changing needs while encouraging autonomy and engagement.

I am passionate about understanding what motivates the people I support and helping them take part in activities and routines that bring purpose, enjoyment and an improved quality of life. Outside of work, I am passionate about music, art, creativity and video games. I love to spend my spare time making techno, DJ'ing, playing games, keeping fit and making coffee. Lots of coffee.

EDUCATION & QUALIFICATIONS

BTEC Level 3

Adult Care

NCFE Level 3

Mental Health

EMPLOYMENT

Northern Case Management / Amber Case Management / Prestige Nursing / Ability Case Management

Support Worker- Acquired and Traumatic Brain Injury

Aug 2015-present

Providing long-term one-to-one support for clients with acquired and traumatic brain injuries within community and home settings. I have supported four male clients aged 17–58, each with complex cognitive, behavioural and physical needs requiring highly individualised care.

Responsibilities include assisting with all aspects of daily living such as personal care, meal preparation, household management, planning and structuring daily routines, supporting community engagement, and accompanying clients on holidays and recreational activities. The role also involves supporting financial management, time organisation, and the development of social and life skills.



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Curriculum Vitae – Adam Doe

Working closely with multidisciplinary teams, case managers and family members, I help implement rehabilitation and support plans aimed at maximising independence and quality of life. A key aspect of the role is balancing appropriate support with encouraging autonomy, allowing clients to maintain control and direction over their lives while ensuring safety and wellbeing.

Due to the complex nature of brain injury, the role requires careful observation, adaptability, and strong interpersonal skills. I regularly adjust support strategies to meet changing cognitive, emotional and behavioural needs while promoting independence, confidence and meaningful participation in everyday life.

Voyage Care

Support Worker- Acquired and Traumatic Brain Injury Aug 2013-2015

Provided care and rehabilitation support for men with acquired and traumatic brain injuries within a supported living environment. Clients had varying levels of physical, cognitive and behavioural needs, requiring adaptable and person-centred support.

Key responsibilities included delivering personal care, supporting mobility and safe moving and handling, assisting with meal preparation, daily living tasks, and maintaining a safe living environment. The role frequently involved managing complex and sensitive situations, including responding to verbal and physical aggression and supporting individuals experiencing behavioural or emotional dysregulation.

The position required strong situational awareness and the ability to respond calmly and effectively to challenging circumstances. I regularly adapted approaches to suit each individual's cognitive and behavioural needs, promoting independence, dignity and engagement in meaningful activities. I also supported service users with community access, social activities, and international holidays, ensuring appropriate risk management and continuity of care while away from home.

This role developed strong problem-solving skills, resilience, and the ability to work flexibly in dynamic care environments while maintaining a person-centred approach.

