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## Case Management Experience

Jo is an experienced case manager, specialising in the assessment and treatment of clients with complex orthopaedic injuries, acquired and traumatic brain injuries and neurological conditions. Jo has developed an expert case management skillset during a 14-year career as an occupational therapist, during which she has managed the rehabilitation of patients following major trauma, strokes and severe brain injuries. She also brings the insight of significant experience managing cases regarding addiction and dual diagnoses.

Jo is highly proficient in leading the planning and delivery of vocational rehabilitation, supporting clients to restore their economic potential within ambitious yet realistic timelines. She also has extensive experience working with clients requiring specialist rehabilitation packages and establishing and overseeing independent living trials. Jo is a compassionate, proactive, and dedicated leader with extensive experience managing and collaborating as a member of high-performing multi-disciplinary teams. She is fully trained and diligently maintains her continuing professional development. Jo thrives on ensuring the delivery of optimal client outcomes and seamlessly guiding clients through the challenges of the rehabilitation journey, maintaining clear and regular communication with all parties throughout.

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## Specialisms

- Orthopaedics
- Brain Injury
- Mental Health
- Post-Traumatic Stress Disorder
- Addiction
- Stroke
- Physical Disability
- Dual Diagnoses
- Vocational Rehabilitation

## Qualifications

- BSc (Hons) Occupational Therapy
- Bobath Introduction 1-3
- UCLH Vocational Rehabilitation Courses
- Level 1 Hand Therapy

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## Professional Background

Jo is an occupational therapist with fourteen years of experience. She specialises in neurological rehabilitation, having led the assessment, treatment and discharge of clients following brain injuries, strokes, spinal injuries, and major trauma. Early in her career, Jo completed band 5 and 6 general rotations, working across general medicine, elderly care, hand therapy, orthopaedics & trauma, general rehabilitation, intensive care, and major trauma.

Jo has extensive experience in community stroke rehabilitation, leading the assessment and treatment of clients with complex neurological needs. During this time, Jo developed robust case management skills, including identifying care needs, developing, and coordinating goal-oriented treatment plans, leading vocational rehabilitation, supporting clients to return to driving and liaising with a variety of external services. Jo also contributed to the development of OT stroke and upper limb rehabilitation pathways. Within her role on Wellington Hospital's neurological rehabilitation wards, Jo gained experience in conducting interprofessional assessments and acquired specialist skills in postural management, seating, tone and spasticity management, cognitive rehabilitation, and life skills programmes.



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## Career History

**Locum Occupational Therapist (Band 7)**  
Lambeth Community Stroke Rehabilitation  
(2016 - 2017)

**Occupational Therapist (Band 7)**  
Enfield Community Stroke Rehabilitation Team  
(2016 - 2017)

**Occupational Therapist (Neurological Rehabilitation)**  
Wellington Hospital  
(2015 - 2016)

**Occupational Therapist band 6**  
Enfield Community Stroke Rehabilitation Team  
(2013 - 2015)

**Occupational Therapist (Band 6 General Rotation)**  
Addenbrookes Hospital  
(2010 - 2013)

**Occupational Therapist (Band 5 General Rotation)**  
Addenbrookes Hospital  
(2008 - 2010)

## Memberships

- Case Management Society UK
- BABICM

## Ages Covered

- Adolescents and Adults only