

Professional Background

Sophy brings a robust background of clinical experience in occupational therapy, specialising in neurological conditions. Her professional journey is marked by a comprehensive approach to treating clients with multiple sclerosis, cerebral palsy, traumatic brain injuries, and stroke. She has adeptly managed additional complexities such as dementia, psychosis, depression, and chronic pain within her caseload, primarily focusing on clients aged 18 to 65 years. Her practice extends to managing secondary sensory impairments, enhancing her ability to deliver holistic care tailored to the unique challenges faced by each client.

Sophy's clinical prowess is significantly enhanced by her direct involvement in managing complex cases that require integrating mental health and neurological care. With a strong focus on early to middle-aged adults, she has successfully managed conditions ranging from traumatic brain injuries to progressive neurological disorders. Sophy's clinical interventions are meticulously tailored to address both the physical impairments and psychological needs of her patients, which often involves coordinating with specialists across various disciplines. Her work with younger clients, particularly those with catastrophic injuries from accidents, demonstrates her adaptability and commitment to fostering resilience and recovery through innovative therapeutic approaches.

Sophy has amassed hands-on experience in various settings, from hospital wards to community-based environments. This depth of practice enriches her ability to handle medically complex cases. It empowers her to advocate for comprehensive and compassionate care plans aligning with the latest medical treatment and rehabilitation advancements.

Sophy's extensive experience also encompasses critical care coordination and the development of comprehensive care plans, especially for clients requiring multifaceted support. Her role in recommending and managing care hours for daily living and leisure activities demonstrates her capacity to balance therapeutic interventions with quality-of-life enhancements. Her meticulous approach ensures all aspects of care are considered, from basic daily needs to complex medical management, facilitating clients' participation in desired activities and promoting their independence.

Sophy is fully trained in the Civil Procedure Rules, including relevant revisions as they arise. She actively maintains her continuing professional development via a range of training opportunities.

Specialism

- Brain Injury
- Neurological conditions
- Epilepsy
- Cerebral Palsy
- Mood disorders
- Sensory impairment
- Mental health & learning disability
- Cognitive disability
- Dementia
- Brain tumour
- Challenging behaviour

Age group

- Adults
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Career history

- Associate Independent Occupational Therapist
The OT Practice 07/2021 - present
- Associate Independent Occupational Therapist
Connect Neurotherapy Services 09/2021 - present
- Band 6 Occupational Therapist
Inpatient adult neurorehabilitation service
Oakleaf Care, Hartwell, Northampton 04/2019 – 12/2021
- Occupational Therapy Coordinator
Eve (Domestic Abuse Charity) - Northampton 11/2018 – 04/019
- Occupational Therapist -Locum
Community Hospital, Wellingborough 08/2018 -11/2018
- Band 6 Occupational Therapist
St. Matthews Health Care, Broomhill Hospital, Northampton 02/2017 – 08/2018
- Band 5 Occupational Therapist
NHS Southern Health Foundation Trust,
Elmleigh Hospital, Havant 09/2016 – 01/2017
- Health Care Assistant
St. Andrew's Health Care, Northampton: Mental Health 03/2014 – 08/2016
- Occupational Therapy and Physiotherapy Assistant
University of British Columbia Hospital, Vancouver, B.C, Canada 09/2012 – 08/2014
- Occupational Therapy and Physiotherapy Assistant
G.F Strong Rehabilitation Centre, Vancouver, B.C, Canada 05/2011 – 08/2012

Qualifications

- Occupational Therapy BSc First Class
Hons: University of Northampton
09/2014 - 07/ 2016
- Rehabilitation Assistant Diploma:
Vancouver Community College,
Canada.
09/2009 - 04/2011

Professional Memberships

- HCPC
- RCOT, specialist sections for
neurological practice, work and
independent practice