



Tracy Kiely

Based In: Leeds

Background: Occupational Therapy

In her role as an occupational therapist, Tracy has over 10 years' experience working with clients with a wide range of conditions including acquired brain injury, mental health problems, learning disability, degenerative neurological conditions and complex orthopaedic injuries.

Tracy has worked with clients in inpatient settings and in their own homes, both in the NHS and the private sector and has developed expertise in training and supporting care teams, managing challenging behaviour and promoting independence for her clients.

CASE MANAGER – REHAB WITHOUT WALLS

MARCH 2019 - PRESENT

Providing case management input for adults and children with acquired brain injury (including cerebral palsy) or spinal injury, who have complex rehabilitation and care needs.

This role involves:

- Assessing need for case management, care and rehabilitation
- Risk assessment and development of risk management strategies
- Designing, developing and monitoring multi-disciplinary rehabilitation packages
- Recruiting, training and managing support workers
- Coordinating services from the statutory and independent sectors

ADDITIONAL SKILLS AND EXPERIENCE

- Mental health
- Learning disability
- Degenerative neurological conditions (including dementia and multiple sclerosis)
- Orthopaedics
- Equipment and adaptations

PROFESSIONAL QUALIFICATIONS

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| • BSc (Hons) Occupational Therapy (York St. John University) | 2007 |
| • Dialectical Behaviour Therapy (British Isles DBT Training) | 2013 |

PROFESSIONAL MEMBERSHIPS

- HCPC – Health & Care Professions Council
- RCOT – Royal College of Occupational Therapists

CONTACT

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PREVIOUS EMPLOYMENT

- **The OT Practice**
Associate Occupational Therapist **Nov 2017 – Present**
Working with clients with a range of conditions including traumatic orthopaedic injuries, acquired brain injury and long-term conditions. Assessing occupational function and making recommendations for intervention, equipment, adaptations and specialist seating. Collaborating with clients and their families and carers to set meaningful SMART goals. Making referrals to other services and professionals where appropriate. Delivering fatigue and anxiety management programmes.
- **Potential OT**
Associate Occupational Therapist **Apr 2018 – Feb 2019**
Responsibilities as described above.
- **Leeds & York Partnership NHS Foundation Trust - Care Homes Team**
Senior Occupational Therapist (Band 6) **Sep 2015 – Jun 2017**
Provided training and practical advice to care home staff on challenging behaviour and changes in occupational function related to neurological conditions such as dementia. Made recommendations for environmental changes to help improve function and reduce incidents of challenging behaviour. Supported staff to manage the needs of clients with deteriorating neurological conditions, such as multiple sclerosis and dementia.
- **South West Yorkshire NHS Foundation Trust - Community Learning Disabilities Team**
Specialist Occupational Therapist (Band 6) **Jul 2014 – Sep 2015**
Assessment and treatment for people with learning disabilities living in the community, to improve function and increase independence. Provided structured and practical care plans to enable staff to manage challenging behaviour in clients with neurological conditions such as autistic spectrum disorder (ASD), cerebral palsy and Down syndrome. Conducted environmental assessments for equipment and adaptations to increase clients' ability to complete activities of daily living and engage in meaningful occupations.
- **South West Yorkshire NHS Foundation Trust - Newhaven Low Secure Unit**
Specialist Occupational Therapist (Band 6) **Apr 2010 – Jul 2014**
Worked with clients with learning disabilities, held under the Mental Health Act in a low secure unit. Collaborated with a clinical psychologist and mental health nurses to ensure effective care plans were put in place to support patients' functional and psychological needs. Used cognitive behavioural therapy (CBT) and dialectical behavioural therapy (DBT) frameworks to treat mental health conditions and challenging behaviour.
- **Mid Yorkshire NHS Trust - Neurological Rehabilitation Centre – Pinderfields Hospital**
Occupational Therapist (Band 5) **Aug 2008 – Apr 2010**
Assessed and treated cognitive and occupational function in clients with acquired brain injury. Worked as part of a multidisciplinary team to set holistic therapy goals that maximise rehabilitation. Provided equipment and assessed adaptations to enable clients to return home. Trained carers to enable them to understand their client's condition and needs and provide effective and appropriate support.
- **Mid Yorkshire NHS Trust**
Rotational Occupational Therapist (Band 5) **July 2007 – Aug 2008**
Rotational post, working in acute medicine and social services. Assessed and treated a wide range of conditions, and made recommendations for appropriate equipment and adaptations.