



# The Rehabilitation Network

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## CURRICULUM VITAE

### **Caroline Sturdy**

*Occupational Therapist & Case Manager*



**Geographical Home area:** Cardiff

**Working area:** North & South Wales, Bristol,  
Somerset

### **Qualifications**

- 2002 – BSc (Hons) Occupational Therapy, University of Wales College of Medicine. 2:1

### **Professional Memberships**

- Royal College of Occupational Therapists BT0223064
- HCPC registered OT35053

### **Profile**

I joined The Rehabilitation Network in March 2011.

I have 17 years' experience working as an Occupational Therapist within health and social services. I commenced working independently alongside my employment within Social Services, completing assessments for The Rehabilitation Network and acting as Case Manager for clients following road traffic collisions.

My experience is primarily with adults – conditions vary as do complexity of their needs. I have experience of working with clients with complex medical needs and making recommendations with regards to how to resolve their functional difficulties. I am experienced in equipment provision and making recommendations for home adaptations, as well as assessing and making recommendations in relation to manual handling.

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#### **Administration:**

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## **Career History**

### **March 2011 date - present**

#### **Rehabilitation Case Manager & Occupational Therapist, The Rehabilitation Network**

Completing Immediate Needs Assessments, making recommendations, and co-ordinating services and treatment and monitoring outcomes for clients following road traffic accidents.

### **February 2012 – present**

#### **Senior Occupational Therapist, Vale of Glamorgan Social Services**

Assessing and making recommendations for adults living in their own homes. Work involves assessing for equipment, major and minor adaptations to the home and completing manual handling assessments and interventions. Client needs can vary in complexity.

### **March 2011 – February 2012**

#### **Occupational Therapist, Caerphilly County Borough Council**

A temporary post working with adults in their own homes. Assessing for equipment, adaptations, and manual handling.

### **November 2008 – March 2011**

#### **Housing Occupational Therapist, Cardiff County Council**

Assessing and making recommendations primarily regarding adaptations to properties. Work was predominantly with adults, but with some input into children's referrals if required. Work also involved assessing for re-housing when existing homes were not suitable for the persons' needs.

### **October 2006 – November 2008**

#### **Band 6 Occupational Therapist, West Wing Hospital, Cardiff**

Working on a medical rehabilitation ward assessing and rehabilitating towards discharge home.

### **September 2004 – October 2006**

Various locum posts within Bristol, Swindon and Cardiff

### **September 2002 – September 2004**

Band 5 rotational post – Swansea NHS Trust

6 monthly rotations between stroke rehabilitation, oncology, general medicine and community EMI settings

### **Additional Training/CPD 2007 – present**

- Romedic Moving and Handling Presentation
- Adapting the Home: Technical Considerations
- Disabled Living Foundation: Housing Adaptations Part 1 and 2
- Disabled Living Foundation: Designing Accessible Housing
- COTSS-Housing Welsh Regional Study Day: A Home for All
- Law and Practice for Occupational Therapists

- Equality Awareness
- COTSS-Housing Conference: Building homes for life
- First Aid at Work
- 7<sup>th</sup> Welsh Stroke Conference
- Neurological Study Day: Therapeutic handling, perception & treatment, pusher syndrome
- An introduction to clinical audit
- Adult basic life support
- Mental Capacity Act Link Worker Training
- Practice Education Workshop
- Artificial Limb and Appliance Service: Posture and Mobility Workshop, level 1
- Patient Handling 2 Day Foundation Course