



The Rehabilitation Network

CURRICULUM VITAE

Deborah Lindley

*Independent Occupational Therapist &
Rehabilitation Case Manager*



Geographical home area: Enfield, Middlesex

Working area: Central & Greater London, Home Counties

Qualifications:

Dip COT 1991 Exeter University

MSc OT 2000 Brunel University, London

Professional Memberships:

- Member of British Association of Occupational Therapy.
- Member of the British Association of Brain Injury Case Managers.
- Health Professions Council Registered
- Member of the OT In Private Practice Specialist Section

Current role:

Full-time Independent Occupational Therapy Practitioner and Case Manager since January 2009 with experience of complex multiple orthopaedic and brain injury.

Specialist areas of expertise:

- Complex multiple Orthopaedic injuries including spinal injuries
- Brain injury

Profile:

Deborah Lindley is a very experienced Occupational Therapist and Case Manager. She has worked for 25 years with teenagers and adults of all ages promoting their independence. She is very passionate about helping people lead meaningful and purposeful lives.

The completion of her undergraduate degree in 1991 and post-graduate degree in 2000 represent the beginning of a journey to build therapeutic skills that have enabled her to positively impact the issues that are relevant and important to people

Administration:

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who have health problems. She values being able to offer timely assessment and intervention to people with a diverse range of presenting problems. Standardised and functional assessments, clear goal setting and the use of outcome measures ensure that her work is focused and productive.

In 2007 she passed through the NHS Band 7 final gateway confirming that she provided evidence and met the full requirements of a Specialist Advanced level Occupational Therapist post. She is now working solely as an Independent Practitioner delivering Occupational Therapy and Case Management usually within a one-hour radius from her base in Enfield, north London.

Deborah's particular area of interest is devising bespoke rehabilitation programmes to help teenagers and adults adopt new, and reintegrate into their pre-accident, roles within their family, at school and in a workplace, and recommence leisure activities. She enjoys being known as a problem solver and idea generator such that claimants can access effective medical and therapy services and engage with activities that are good for their minds and bodies. Her case management rehabilitation plans take a strong account of risk management principles and advice from the multidisciplinary team who are commissioned to work with each claimant.

As a specialist brain injury Case Manager, Deborah is accustomed to dealing with the multiple pressures and competing demands associated with adults and teenagers that have experienced complex trauma and are pursuing a personal injury claim. She is aware of the need to help manage expectations. She is very knowledgeable about working within the Rehabilitation Code, negotiating and advocating to secure funds for the best possible rehabilitation package for a claimant, and is accustomed to considering the needs of informal carers. Her experience of working within the case management industry, and attending regular training sessions, over the past seven years has developed a wealth of knowledge and skills that she applies to her current clinical caseload. She is a very effective professional clinician.

Deborah is married and has two children (age 14 and 17) and has enjoyed delivering children's activities and youth work for the past 25 years in her spare time. She considers that these experiences have contributed to the development of a rich repertoire of skills that equip her to deliver highly effective work as an Occupational Therapist and as a Case Manager.

- Debbie has forged very effective and constructive working relationships with professional colleagues across health, social services, private, voluntary sectors and the medico-legal industry.
- Community working has required that her expert OT skills have been refined to enable best possible client-centred practice and family focused approach for clients with highly complex health problems.
- Experience as an autonomous practitioner with teenagers and adults who have acquired or long-term health conditions. Her work encompasses all aspects of resuming an active lifestyle: self-care, domestic tasks, leisure and productivity.
- Experienced in selecting and administering assessment in a client-centred manner and using assessment findings to define treatment plans.

- Client-centred practice working towards SMART goals is at the core of Debbie's practice as an accomplished OT. This has encompassed partnership working where expert skills are used to achieve realistic and relevant treatment plans and positive outcomes.
- Restorative and compensatory specialist interventions play a central role in her community rehabilitation work. All interventions are targeted at maximising occupational performance. This has included assessment and provision of individually tailored rehabilitation programmes, specialist equipment, minor adaptations, assistive technology and the creation of bespoke solutions.
- Experienced in teaching and training carers how, when and why to apply therapy techniques.

Career History:

2009 to present:

Independent Occupational Therapy Practitioner and Case Manager since January 2009. Primarily working with adults and teenagers that have brain injury and other neurological conditions, orthopaedic problems, and adults with moderate learning difficulties.

2008-2009 Lead Occupational Therapist

Adult Physical Rehabilitation and Intermediate Care Service
West Hertfordshire PCT, London.

2000-2008 Band 7 Occupational Therapist and Deputy Head OT

Adult Physical Rehabilitation Occupational Therapy Service
Whipps Cross Primary Care Occupational Therapy,
Ainslie Unit, Chingford, E4. London.

1997-2000 Senior II Occupational Therapist alongside MSc studies.

Adult Physical Rehabilitation Occupational Therapy Service,
Whipps Cross Primary Care Occupational Therapy,
Ainslie Unit, Chingford, E4. London.

1994-1997 Senior I Occupational Therapist

Team Leader for Acute Medicine and Cardiac Rehabilitation
Chase Farm Hospital, Enfield. UK.

1993-1994 Various Occupational Therapy Locum positions.

Care of the Elderly and Acute Mental Health for Adults
Perth, Western Australia.

1991-1993 Rotational Junior Occupational Therapist

(Care of the Elderly In-Patients, Paediatrics, Medicine and Cardiac Rehabilitation
Outpatient programme, Regional Stroke Unit)
Nottingham City Hospital Trust. UK.