



The Rehabilitation Network

CURRICULUM VITAE

Lilian Dilworth

Specialist Independent Neurological and Orthopaedic Occupational Therapist and Rehabilitation Case Manager



Geographical base: North Yorkshire

Working areas: York, all areas of Yorkshire, Humberside, Lincolnshire, Cambridgeshire, Midlands, North East and Northumbria.

Qualifications:

BHSc(Hons)OT 1996

HCPC registration number: OT26504

Professional memberships:

Royal College of Occupational Therapists (RCOT)

Royal College of Occupational Therapists Specialist Section - Independent Practice (RCOTSS-IP)

Royal College of Occupational Therapists Specialist Section – Neurological Practice (RCOTSS – NP)

Case Management Society UK (CMSUK)

Career Summary:

PERSONAL PROFILE:

Experienced Case Manager in Orthopaedic Rehabilitation and Traumatic Brain Injury.

Highly experienced Specialist Occupational Therapist (OT) with 23 years professional experience. Neurology and orthopaedic specialist practitioner in the following areas;

- Traumatic brain injury (TBI)
- Mild traumatic brain injury (mTBI) including Post Concussive Syndrome (PCS)
- Trauma and orthopaedic injuries
- Orthopaedic elective surgery

Extensive experience working with a range of cognitive, behavioural, physical and psychological disabilities.

Administration:

Rivendell, 4 South Scarle Lane, North Scarle, Lincoln, LN6 9ER
Tel: **01522 778689** Fax: 0871 714 3638 Mobile: 07976 604541
e-mail: john@rehabilitation-network.org
www.rehabilitation-network.org



Extensive clinical experience working as a team member and as a lone worker.
Liaison skills with other disciplines and professionals including Solicitors and Insurers.

Specialist Neurological Occupational Therapist experience:

Extensive clinical experience working with a wide range of multiple and complex injuries providing neurological OT assessment and functional treatment interventions in the following settings:

- Specialist Brain Injury Rehabilitation Units.
- Home based Brain Injury Community Rehabilitation programmes.
- Community neurological OT assessment and treatment service.
- Environmental assessment and equipment recommendations.

Experienced in conducting complex assessments and written reports.
Design, delivery and management of specific, individually tailored rehabilitation programmes.
Recruitment, training and supervision of qualified staff and rehabilitation support workers.
Provision of written guidelines specifically designed to meet the needs of individual clients receiving home or Unit based rehabilitation on a 1:1 basis. Implementation of cognitive techniques; cognitive rehabilitation, strategy training, fatigue, pain and anxiety management.
Provision of education and support to clients, their families and carers. Advice and support to clients on appropriate leisure/vocational activities and interests to regain independence.

Specialist Trauma and Orthopaedic Occupational Therapist experience:

- NHS hospitals - Trauma and orthopaedics and elective orthopaedics.
- Independent practice, home-based OT assessments.

Experienced practitioner in OT service development, patient assessment, patient education and treatment interventions both pre and post-operatively, discharge planning, clinical audit, staff recruitment, supervision and training. Environmental assessment and equipment recommendations/provision.

Current Professional Roles:

- Independent Specialist Occupational Therapist/Private Practitioner.
- Rehabilitation Case Manager/Specialist Occupational Therapist.

Key Skills Set:

- Professional approach to working practice; time management, prioritisation, networking, communication and listening skills.
- Experienced in working with NHS teams and non-statutory private services, to ensure a cohesive approach to rehabilitation and appropriate, timely treatment.
- Empathetic approach; ability to establish therapeutic working relationships with clients and their family/carer(s).
- Ability to set realistic client-centered goals and action plans using a graded approach to treatment.
- Experienced in recruitment/interviewing, supervision and staff training.
- Excellent knowledge of wide geographical areas.

- Ability to recognise and manage own stress.
- Up-to-date CPD including self-funded training.
- Full, clean driving license.

Conferences attended:

- Reach Personal Injury Annual Brain Injury Conference and Training day 2006 – 2017 inclusive
- YORTRAIN Private OT and Case Manager Conference 2016
- CMSUK Conference 2016
- CMSUK/ BABICM/VOCATIONAL TOGETHER Conference 2015
- Unite Professionals Brain Injury Case Manager Conference 2015
- SLT/OT Talk Shop Conference – 2013
- SLT/OT Talk Shop Conference – 2011
- RCOTSS-IP Annual Conference - 2006, 2008, 2009, 2010
- RCOTSS-IP Northern Region quarterly meetings

Additional professional training – last 10 years:

Oliver Zangwill Centre: Traumatic Brain Injury (TBI) annual training workshops 2012 – 2016 inclusive.

Understanding and Managing Mild TBI. Understanding and working with Personality Difficulties in Brain Injury Rehabilitation. Vocational Rehabilitation with Brain Injured Clients. Vestibular Dysfunction resulting from Brain Injury. Cognitive assessment and rehabilitation in brain injured clients. Fatigue management in Brain Injury.

Disability Analysis. Post-Polio Syndrome. Occupational Therapy Bariatric Training. Mental Function Conditions. Critical Evaluation of Evidence. Postural seating solutions and Moving and Handling Theory. First Aid training and Health and Safety. Mental Capacity Act and Deprivation of Liberty Safeguards. Child Protection level 2. Safeguarding of Vulnerable Adults. Diversity and Equality. Equality, Law and Disabilities Discrimination. Consent for Treatment. GDPR webinar training 2018.

Coaching Skills for Therapists/Motivational Interviewing/mindfulness.

- Annual Occupational Therapy Show and CPD for Independent Practitioners 2013 – 2017 inclusive.
- Therapy Expo Show 2016 and CPD events.
- Minster Law Brain Injury training event 2015.

PROFESSIONAL CAREER ACHIEVEMENTS:

Reach Personal Injury, Specialist Neurological Occupational Therapist – Brain Injury Rehabilitation

2013 - Devised and delivered an educational training afternoon to a firm of Solicitors and Case Managers;

'Traumatic Brain Injury and Secondary Substance Abuse, the impact of this on clients and their families and the client's subsequent ability to engage with rehabilitation' which included the design and provision of information leaflets:

'Traumatic Brain Injury Rehabilitation - Unit based versus home-based treatment'.

Senior Specialist Neurological Occupational Therapist - Brain Injury Rehabilitation Unit

Responsible for the development of a Unit based Occupational Therapy Service. Designed client specific personal rehabilitation programmes, weekly planning and timetables for all individual client programmes. Involved in staff recruitment, training and clinical supervision.

Experienced in dealing with clients' presenting behaviours including physical and verbal aggression and sexual/social disinhibition. Provision of clinical support to members of staff, both clinical and non-clinical. Past Fieldwork Educator role for student Occupational Therapists.

Specialist Neurological Occupational Therapist

Lone worker - Community based.

Set up OT service for Community Enablement Service (CES) in traumatic brain injury rehabilitation. Completed client assessments, written reports, designed individual, client specific occupational therapy rehabilitation programmes. Staff training and supervision to community rehabilitation support staff.

Specialist Orthopaedic OT

NHS hospitals - ward based and community-based roles.

Presentation at Chapel Allerton Orthopaedic Hospital – 'Rehabilitation for Upper Limb Amputees'. Facilitated regular OT Information Days for prospective OT students. Developed the NHS Orthopaedic Community Rehabilitation Scheme (O CRS) a service for patients undergoing elective orthopaedic surgery. Presented the O CRS Team outcomes to Orthopaedic Surgeons at their quarterly meeting.

Career history:

Independent Practitioner 2007 – present

Independent Rehabilitation Case Manager and Occupational Therapist working on behalf of The Rehabilitation Network.

Experienced in working with a wide range of multiple and complex injuries, conducting complex Initial Needs Rehabilitation Assessments and written reports. Coordinating and organising all client rehabilitation needs. Provision of appropriate level of client and carer(s) case management support throughout the process.

Independent Occupational Therapist - July 2014 – present

One off functional assessments with reports for various charitable organisations.

Reach Personal Injury Services 2006 – 2018

Brain injury Programme Manager. Complex assessments with written reports. Individually tailored home-based community rehabilitation programmes. Supervision of rehabilitation staff.

OT Practice 2016 - 2017

Specialist Independent Neurological OT - Complex assessments and written reports. Functional occupational therapy treatment provision.

UK Case Management 2015 - 2016

Brain Injury Case Manager. Complex assessment of need with reports. Organised and managed all rehabilitation needs including therapy assessments and treatment interventions. Advised on equipment and adaptations.

NHS York Teaching Hospital - 2002 - 2014

Senior Occupational Therapist - Clinical Specialist, Orthopaedic Community Rehabilitation Scheme – Elective surgery.

Senior Occupational Therapist/Brain Injury Case Manager/Vocational Manager

November 2001 – November 2002 (Full-time split post)

2 days Case Manager - Community Enabling Service, Brain Injury Rehabilitation Trust. Regional areas covered - North, South, and West Yorkshire, North East, Yorkshire and Humberside, Lincolnshire.

3 days - Vocational Manager – Brain Injury Rehabilitation Trust - Unit based

July 2000 –November 2001

Senior Occupational Therapist – clinical specialist, Occupational Therapy Team Leader. Brain Injury Rehabilitation Trust - Unit based (low secure).

August 1998 – July 2000

Senior Occupational Therapist – Trauma and Orthopaedics and Surgical wards. Harrogate District Hospital. Wheelchair Clinic – OT service - conducted clinical assessments for wheelchair provision.

September 1996 – August 1998

Occupational Therapist - Brain Injury Rehabilitation Trust – Unit based. OT assessments and treatment interventions. Written reports. Key worker role.