



# The Rehabilitation Network

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## Deborah Lindley

**Specialist Occupational Therapist & Case Manager**

HPC: OT19742 BAOT: BT0104140 COTSS-IP: 1806 BABICM: 0539



### Profile

Deborah Lindley is a very experienced Occupational Therapist. She has worked for 19 years with teenagers and adults promoting their independence and is very passionate about helping people lead meaningful and purposeful lives. She has been working as a Case Manager for 18 months alongside an Independent Occupational Therapy caseload.

The completion of her undergraduate degree in 1991 (Exeter University, UK) and post-graduate degree in 2000 (Brunel University, London) gave her solid foundations for her career as an Occupational Therapist and Case Manager. Deborah's diverse caseload experience has helped her develop a broad range of skills such that she can positively impact the issues that are relevant and important to people who have health problems. She has substantial expertise in neurological rehabilitation and the management of long term conditions.

Deborah values being able to offer timely assessment and intervention to people that have a diverse range of presenting problems. Her work is focused on meeting the needs of people who have brain injury or orthopaedic problems following motor vehicle accidents, and the needs of their families. Restorative and compensatory specialist interventions have been central in her community rehabilitation work. All her 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.

Deborah is also accustomed to teaching and training carers how, when and why to apply therapy techniques. Deborah attends regular clinical training to invest in her professional development and ensure the highest quality of service to her clients. She has delivered training to clients, carers and multidisciplinary groups and is valued as a skilled communicator.

### Career History

#### 2009—present

##### **Independent Occupational Therapy Practitioner and Case Manager**

Providing OT assessment and treatment and providing assessment and tailored rehabilitation packages as a Case Manager.

#### 2008—2009

##### **Lead Occupational Therapist**

Adult Physical Rehabilitation Service, West Hertfordshire PCT, London.

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#### **Administration:**

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## **2000—2008**

### **Band 7 Occupational Therapist and Deputy Head OT**

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

## **1997—2000**

### **Senior II Occupational Therapist alongside MSc studies.**

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

## **1994—1997**

### **Senior I Occupational Therapist**

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

## **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.

## ***Professional Qualifications***

- 2000 Post-graduate degree in Occupational Therapy (MSc OT): Brunel University, London
- 1991 Undergraduate degree in Occupational Therapy (DipCOT): University of Exeter

## ***Affiliations***

- British Association of Occupational Therapists (BAOT)
- British Association of Brain Injury Case Managers (BABICM)
- College of Occupational Therapists Specialist Section—Independent Practice (COTSS-IP)

## ***Areas Covered:***

**Central London & Greater London, Essex, Kent, Cambridgeshire, Bedfordshire, Buckinghamshire, Berkshire, Sussex, Hampshire.**

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