



Alexandria Wood

BSc (Hons), MRCOT

Associate Case Manager & Occupational Therapist

Qualifications:

BSc (Hons) Occupational Therapy (2003), The University of Liverpool.

MSc in Rehabilitation (2008), The University of Nottingham.

Registration:

Health & Care Professionals Council (HCPC): OT37441

Royal College of Occupational Therapist (RCOT): BT0227726

A bit about me:

I have a keen interest in cooking, fitness and yoga. I also enjoy spending time with my family.

Contact Details:

Address:

Europa House, Barcroft St, Bury, BL9 5BT

Mobile:

+44 (0) 161 763 8710

Email:

alexandria.wood@abilitycm.co.uk

Website:

www.abilitycm.co.uk

Key Skills & Specialisms

- ✓ Acquired brain injury & orthopaedic injury
- ✓ Comprehensive assessment & report writing with costs
- ✓ Enabling care and support packages
- ✓ Organised, proactive, resourceful and compassionate.
- ✓ Person Centred planning and goal formulation
- ✓ Supported living trials & transitional living
- ✓ Effective communication & motivational interviewing
- ✓ Facilitator and leader of rehabilitation

Employment History

After graduating I completed my Basic Grade rotation at Queens Medical Centre in Nottingham before moving to work on the trauma wards at The Northern General Hospital in Sheffield. In 2007 I started working in the community supporting individuals with a range of physical and neurological difficulties.

In 2013 I worked for the ministry of Defence at Headley Court as an OT and cognitive rehabilitation therapist it was here that I received training in cognitive assessment, brain injury education and awareness raising, delivering impairment, and functionally based graded rehabilitation and strategy implementation.

I worked for Leonard Cheshire Disability as their lead neurological OT from 2015 to 2019 and continue to provide supervisory input to the unit. I have worked for The OT Practice, providing private OT input since 2017 and as an expert witness for Julie Jennings Associates since 2019, both of which are roles I remain passionate about and complete.

Experience

- ✓ I have 20 years' experience working as an occupational therapist working in community & hospital settings within private and statutory services
- ✓ I am experienced in supporting adults with complex injuries, including acquired brain injury and orthopaedic injury
- ✓ I have supported individuals with challenging behaviours, substance misuse and mental health difficulties
- ✓ I have supported individuals with significant sensory and language difficulties
- ✓ I have worked with Individuals who have complex cognitive difficulties including executive functioning, memory and attention difficulties.
- ✓ I have worked with individuals from a range of ethnic and cultural backgrounds, and I am understanding and sensitive to their customs and traditions
- ✓ I am highly motivated, proactive & organised professional, with key skills to coordinate and manage rehabilitation and care packages.
- ✓ I take an innovative & creative approach to implement individualised plans, encouraging and enabling positive risk taking and the use of least restrictive closely monitored care packages.
- ✓ I prepare comprehensive assessments that are person centred with a clear understanding of the individuals needs and justification of how intervention can support progress.

Continued Professional Development

I am committed to expanding my knowledge and skills as a case manager and occupational therapist. I maintain regular clinical supervision, undertaking annual mandatory training and continuously updating my skills and knowledge to provide effective evidence-based intervention.