



Helen Kolster
Occupational Therapist

Curriculum Vitae

Professional title: Occupational Therapist
BSc (Hons) Occupational Therapy (2004)

Member of: HPC Health Professions Council
BAOT British Association of Occupational Therapists
COT SSNP College of Occupational Therapists Specialist Section
- Neurological Practice (SSNP)
North East SSNP - Committee member
Headway Gateshead & South Tyneside- Committee Member

Relevant practical experience:

June 08 - present Specialist Occupational Therapist
J.S. Parker Ltd

- Responsible for the assessment and provision of home based occupational therapy programmes to people with brain or spinal injuries
- Use a client centred approach to motivate and encourage the client to work towards their own goals in a variety of self care, household, community, leisure, education and work tasks as appropriate
- Carry out assessment and make recommendations regarding specialist equipment for daily living, vehicles and housing adaptations
- Liaise closely with the clients' Case Manager to ensure that occupational therapy goals are related to long term needs and are maintained on discharge from occupational therapy services
- Establish and maintain close links with families, carers and other professionals and provide advice and constructive support
- Responsible for recruitment and training of Rehabilitation Assistants and Support Workers in conjunction with Case Managers
- Responsible for writing clinical and medicolegal reports outlining assessment, intervention and proposed future plans
- Work within College of Occupational Therapy standards, along with the policies and procedures as laid down by J S Parker Ltd

June 07- June 08

**Senior Occupational Therapist
Walkergate Park
International Centre for Neurorehabilitation and Neuropsychiatry**

- Assessment and provision of rehabilitation to patients with brain and spinal cord injuries in a hospital and community setting
- Assessment and recommendations for patients using the cognitive assessment service
- Worked with patients on an inpatient, outpatient, outreach and day assessment basis
- Provision and maintenance of neurological splints
- Responsible for completing day assessments and provision of recommendations
- Education, training and supervision of Occupational Therapy Assistants

April 05- May 07

**Specialist Neurological Occupational Therapist
Sunderland Royal Hospital**

- Assessment and provision of rehabilitation to patients with acquired brain injury.
- Supervision of basic grade occupational therapists and occupational therapy assistants
- Education and training of student Occupational Therapists
- Delivery of a Parkinson Disease education class

August 04- April 05

**Rotational Basic Grade Occupational Therapist
Sunderland Royal Hospital**

- Assessment and discharge planning of acute care patients in the medical and surgical setting (acute neurology, renal care, general medicine, respiratory care, haematology)

Relevant Expertise Sharing:

Presentation ‘Anything goes’
Disability North Exhibition - 2008

Committee Member of North East SSNP
Attendance at North East SSNP meetings

Lecture “Dyspraxia”
Training session – 2008

Representative ‘Parkinson’s Disease Pathway Development’
Working group – 2006/2007

Academic qualifications:

2001-2004 BSc (Honours) Occupational Therapy
(Northumbria University at Newcastle)

Relevant vocational training:

- 2009** Executive Functions
Safeguarding Vulnerable Adults
Motivational Interviewing
Emotions and Behaviour
NABIF- Northern Acquired Brain Injury Forum
- 2008** Motivational Interviewing
Safeguarding Children Training
An Introduction to Spinal Cord Injury
The Mental Capacity Act 2005
Medico Legal Report Writing
- 2007** Goal Negotiation
Splinting from Acute Phase to Rehabilitation
- 2006** "What is Normal Movement"
The Assessment and Treatment of Adults with Neurological Conditions (Hypotonia)
The Assessment and Treatment of Adults with Neurological Conditions (Hypertonia)
Towards a Single Vision - Understanding Vision