

CHRIS BRECKON

CASE MANAGER

OCCUPATIONAL THERAPIST



Chris has over 35 years of extensive experience in specialist occupational therapy in neurological rehabilitation. With a wealth of experience working with adults in a wide range of mental health and neurorehabilitation settings, with a special focus on Neurorehabilitation. Some of her notable experiences from: Regional Eating Disorder Service at NTW, Specialist Occupational Therapist in the Mental Health Crisis Team/Partial and Manager of Mental Health services.

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www.empoweringu.co.uk

- ✓ HCPC Health Professions Council
- ✓ Royal College of Occupational Therapy
- ✓ BABICM Registered

KEY ROLES

- ✓ Liaising with the MDT inc. Speech and Language Therapists, Physiotherapists, Social workers, Teachers, Psychotherapists, Clinical Psychologists.
- ✓ Setting appropriate goals and treatment planning consider motor and life skills, personal and domestic care, sensory needs and mental health etc.
- ✓ Completing assessments in patient's homes, identify areas of need, discussing and setting realistic goals with patients and the best course of intervention, implementation and evaluation.
- ✓ Issuing appropriate equipment for discharge
- ✓ Completing assessments with patients on the ward who have acute medical and chronic conditions, at times complex and multiple diagnosis to consider.
- ✓ Attending and contributing to meetings for patient's e.g. MDT, Community Support Teams etc.

AREAS COVERED

Berwickshire
Northumberland
Dumfries
Cumbria
Tyne and Wear
Durham
North Yorkshire
West Yorkshire
Roxburgh Ettrick and
Lauderdale



Skills

- ✓ Fatigue and Life Management
- ✓ Education and Supervision of Support Teams
- ✓ Cognitive Rehabilitation
- ✓ Complex neurological and physical assessment, treatment and evaluation
- ✓ Community access and routine building
- ✓ Adaptive use of Systemic Family Therapy Interventions
- ✓ Neurological Conditions with co-morbid Mental Health Issues
- ✓ Vocational Rehabilitation
- ✓ Anxiety Management

