



Sarah Cooke

Rehabilitation Manager

Base: Yorkshire

Areas Covered: North East, North West, Midlands

Specialisms

Acquired Brain Injury

Complex Orthopaedic

Amputation (Lower & Upper)

Injury Expertise

- Neurological Conditions
- Psychological Trauma
- Acquired Brain Injury (Mild/Moderate)
- Polytrauma
- Return to Work

Clinical Experience

- Sarah has 14-years clinical experience which included clients with complex and challenging needs.
- She worked within a Multi-Disciplinary Team delivering an Intermediate Care Service, Rapid Response Service and Management of Long-Term Conditions.
- Her experience includes working with clients with stroke, Parkinson's Disease, Multiple Sclerosis, Motor Neurone Disease, brain injury, amputation, Chronic Obstructive Pulmonary disease, falls, palliative care, depression, anxiety and complex seating assessments.
- Sarah is trained in the use of outcome measures, e.g. AusToms and TOMS, thus ensuring the delivery of quality care.

Rehabilitation Expertise

Rehabilitation Management

- Sarah is a skilled Rehabilitation Case Manager with five years of experience. She is experienced at formulating a comprehensive case management plan and developing goals in liaison with the client and all involved.
- Her philosophy is to place the needs of the client at the centre of her work, adopting

a biopsychosocial approach to include their health, social, cultural, physical and mental rehabilitation, education, emotional and vocational as required.

- Sarah is also experienced in:
 - Facilitating and co-ordinating the services delivered using multi-agency approach.
 - Recruiting, co-ordinating and managing a care team, providing training and supervision as required.
 - Developing effective collaborative and co-operative working.

Vocational Rehabilitation

- Sarah has a strong focus on vocational rehabilitation and is skilled at supporting clients to return to or remain in work.
- This can include provision of condition management strategies, adaptive equipment, phased returns, work site visits and liaising with employers.

CPD & Training

- Wheelchair prescriber
- Upper limb rehabilitation
- Assessment and Management of Fatigue
- Specialist seating and postural management
- Treatment and management of depression and anxiety, including mindfulness
- Model of Human Occupation Case Formulation and Goal Setting

Memberships & Qualifications

- BHSc (Hons) Occupational Therapy
- CMSUK, HCPC and BAOT

For further information please call on 01698 207 755, or email helpis@proclaim-care.co.uk or visit proclaim-care.co.uk

