



Sinead Cowham

Rehabilitation Manager

Base: Northampton

Areas Covered: Midlands, London,
South East, South West



Specialisms

Amputation

Neurological Conditions

Psychological Trauma

Injury Expertise

- Acquired Brain Injury
- Psychological Trauma
- Functional Neurological Disorder
- Complex Orthopaedic
- Amputation (Lower & Upper Limb)
- Chronic Pain

Clinical Experience

- Sinead is a vastly experienced Occupational Therapist and has worked in the NHS and charitable organisations.
- She has seven years of experience in senior positions, working in neurological and stroke rehabilitation.
- She is a specialist in brain injury rehabilitation.

Rehabilitation Expertise

Rehabilitation Management

- Before joining Proclaim Care, Sinead worked towards delivering specialised OT to people who had sustained brain injuries with dual diagnosis of psychosis. Rehabilitation was delivered both in the community and within an inpatient secured setting (locked rehabilitation).
- Her extensive experience also includes a role as a Senior OT, based within the stroke service at Northampton General Hospital, working in the hyper-acute ward and the rehabilitation ward, to promote function in the early stages of stroke.
- Her experience also includes supporting the MDT team to assess and provide tailored rehabilitation programmes to a client base who are experiencing the effects of neurological conditions, including neuro-palliative treatment.

- Many of these rehabilitation programmes were home-based and required a detailed knowledge of statutory services.
- In her role of discharge planning, Sinead developed the key skills to offer equipment, adaptation recommendations and the importance of maintaining communications with families and external agencies.

Vocational Rehabilitation

- Sinead is experienced in providing the appropriate support for return to work.
- She is qualified in functional assessments to consider adaptations to support the client.

CPD & Training

- Qualified assessor for Assessment of Motor & Process Skills (AMPS)
- Fatigue Management: MS Society
- Challenging Behaviour, Motivational Interviewing: St Andrews Healthcare
- Motivational Interviewing in Brain Injury Rehabilitation
- Vocational Rehab and SMART Goals: St Andrews Healthcare

Memberships & Qualifications

- BSc (Hons) OT
- Registered with HCPC & BABICM
- Member of CMSUK
- Member of RCOT

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

