



## Catherine Cottle

### Case Manager, Birmingham

Catherine is a highly skilled Case Manager, with experience spanning both the NHS and private sector. Catherine's abilities are underpinned by a broad foundation of diverse clinical experience. Catherine has previous roles as a therapist and team leader characterised by a calm nature and organised approach, appreciated by service users and colleagues alike. Catherine is self-aware and motivated to achieve high standards in all aspects of professional duties. Catherine is perceptive and sensitive to patients' and families' needs alike, and is a strong advocate in a Case Management role. She has a strong ethos of holistic and client-centered practice, and seeks to facilitate clients achieving their desired goals wherever possible. Catherine has successfully provided mentorship for other Case Managers within the company, who have valued her excellent communication and analytical skills.

Catherine has excellent communication and interpersonal skills: written (reports, clinical notes, audit) and verbal (client interactions, breaking bad news well, managing a team, delivering training). She is organised, able to prioritise issues and manage her time well. Catherine has vast experience of working closely with the MDT to set SMART goals and carry out rehabilitation programmes, across both statutory and private sectors. As an experienced Case Manager, she is adept at managing a highly complex caseload of clients with varying needs.

#### Clinical Specialities

- Neurology
- Brain Injury
- Spinal Injury
- Trauma and Orthopaedics
- Care of the Elderly
- Amputee Rehabilitation
- Complex Polytrauma

#### Qualifications

BSc Hons Occupational Therapy;  
University of East Anglia, 1998.

#### Professional Memberships

HCPC  
BAOT  
BABICM  
CMSUK  
Current DBS

#### Client Testimonial

"Thank you once again Catherine for all your support, advice, input and arranging the many services that I have benefited from. Somehow, at what has been a difficult time for myself and family, you have managed with your warm and very professional approach to put us both at ease. You are very easy to talk to, a skill that I am sure cannot be taught."

#### Case Management Competencies

- Effective at quickly building a rapport with clients from a variety of socio-economic, ethnic and clinical populations.
- Analytical and perceptive.
- Robust understanding of the Mental Capacity Act (2005) and its implications, including for clients with a traumatic brain injury (TBI).
- Confident and skilled at facilitating informal and formal meetings/case conferences.
- Uses evidence based practice to underpin case management goals.
- Proactive in tackling difficult behaviours, challenging and motivating clients through excellent communication skills and vast experience.
- Providing recommendations that consider clinical reasoning off set by proportionality.

## Case Examples

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- 32-year old male, motorcycle vs car road traffic collision. Foot and ankle fractures and significant degloving, requiring major skin grafting. Previous complex mental health history and ongoing alcohol misuse meant that case management was not straightforward and required detailed liaison with client's GP, psychologist, and family. Physiotherapist carried out rehabilitation to enable client to go from limping with crutches, to running, jumping and even hopping. Vocational Consultant supported client through employment meetings, assisted him to prepare for more suitable work (considering injuries sustained) and helped position him in the competitive job market.

## Work Experience

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February 2015 - Present

**Unite Professionals Limited**

Case Manager

February 2014 - February 2015

**Krysalis Consultancy**

Independent Occupational Therapist

January 2010 - July 2013

**Birmingham Community Healthcare Trust**

Clinical Specialist Occupational Therapist

April 2005 - December 2009

**Heart of Birmingham Primary Care Trust**

Senior Occupational Therapist

## About Unite Professionals Case Management

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Unite Professionals are a renowned, independent Case Management firm, committed to assisting individuals who have endured catastrophic and life altering injuries. Our approach is both comprehensive and empathetic, underpinned by our professional expertise and steadfast belief in the strength of those we support.

### Enquiries and Referrals

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