



Helen Paton

Case Manager, Essex

Helen qualified as an Occupational Therapist in 2013 and has since built extensive expertise across diverse NHS settings. Her clinical experience spans adult medical, surgical, and neurological services, as well as orthopaedics, cardiology, burns and plastics (including hand therapy), general medicine, and elderly care. She has also worked in burns and plastics, where she practiced hand therapy. Her specialist area of practice is neurological conditions, such as brain injuries, and spinal cord injuries – including ventilated clients. She has experience in completing specialist neurological assessments, setting goals and treatment plans with clients, and in educating families. She has excellent working knowledge of complex discharge processes, including the assessment of properties, adaptations, and provision of relevant equipment.

Helen has extensive experience in rehabilitation as an Occupational Therapist but also as a Case Manager. She has managed the needs of complex clients and undertakes assessments to identify needs and ensure clients are set up with the appropriate ongoing rehabilitation and the support required. She has a good understanding of the personal injury litigation process and works with both settled and unsettled cases.

Clinical Specialities

- Brain Injury/Neurological Conditions
- Trauma & Orthopaedics Rehabilitation
- Complex Discharge Planning
- Chronic & Long-Term Conditions
- General Medicine
- Intermediate/Community Care
- Environmental Assessments & Home Modifications
- Palliative Care

Qualifications

London South Bank University
Masters Module - Occupational Therapy for the older person 20 points (2014)

London South Bank University
BSc Hons — Occupational Therapy 2:1 (2013)

Professional Memberships

HCPC
RCOT/BAOT
BABICM
CMSUK
Current DBS

Case Management Competencies

- Helen is effective in building a collaborative relationship with clients through excellent communication and interpersonal skills, whilst also building rapport within the multidisciplinary team.
- She ensures a client-centred approach to all assessments and treatment, considering the person, cognition, social, environmental, and physical impact of injury upon function, to ensure appropriate clinical reasoning recommendations are identified.
- Helen utilises evidence-based practice to underpin case management and client-centred goal planning.
- She makes effective, informed decisions based on clinical evidence and judgement. She is analytical and perceptive, able to identify and observe functional abilities to establish optimal rehabilitation potential.
- Helen acts in a leadership capacity to support directly recruited support workers, completing their supervision, ensuring a high level of communication is maintained and that individuals' learning needs are met in alignment with the client's requirements.
- Helen's caseload consists of individuals with a wide spectrum of needs and abilities, many of whom are navigating complex rehabilitation journeys alongside varying stages of the litigation process.
- Her clients present with a wide range of diagnoses, including orthopaedic trauma, polytrauma, cerebral palsy with associated learning disabilities, and brain injuries including low-awareness prolonged disorders of consciousness and high-functioning frontal lobe impairments.

Case Examples

- 42-year-old male involved in a road traffic accident and sustained a traumatic brain injury with right frontal subgaleal hemorrhage, right orbital fracture, complex chest and abdominal injuries, multiple orthopedic injuries, right conductive hearing loss. Complex social history and case management input for 6 years. The client required support to establish vocational roles.
- 24-year-old self-employed builder involved in motorbike vs car accident; complex orthopaedic lower limb issues, and a traumatic brain injury, keen to return to work. The client required input with motivation, pain that were affecting activities of daily living. Since the clients discharge home case management involved working with a rehabilitation team to facilitate the clients goal of returning to work.

Work Experience

October 2022 —present:

Unite Professionals Ltd

Case Manager

September 2024 — present

Independent Community Neurological Occupational Therapist

September 2020 — September 2024

The Gardens and Jacobs Neurological Centre Lead

Occupational Therapist

September 2021 - September 2022

Anglia Case Management

Senior Case Manager

September 2013 - September 2021

Broomfield Hospital

Advanced Band 7 Occupational Therapist, specialising in neurological conditions

February 2016 — July 2016

Neurohealth Case Management

Case Manager

Continued Professional Development

- Considering Surgical, Rehabilitation and Prosthetic Pathways following Upper Limb Injury, Unite Professionals Study Day, 2023.
- Annual Court of Protection Update, Brain Injury Group, 2023.
- Bespoke therapy and care for clients with complex neurological clinical needs, CMSUK, 2023.
- Safeguarding level 3 training, Unlocking Potential through Rehabilitation. Linda Sayers, 2023.
- Unlocking Potential through Rehabilitation, 2023.
- Communication, Case Law and Curiosity: The Key to Case Management, Unite Professionals conference, 2023.
- Recording Case Management – BABICM, 2022.
- Mandatory Training, Including:
- Safeguarding, GDPR – Unite Professionals, 2022.
- Working with Deputies – In House PDP, Anglia Case Management, 2021.
- Introduction to Cognitive Rehab and Brain Injury – Brain Tree Training, 2019.

About Unite Professionals Case Management

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

Natalie Briscoe

Business Development & Engagement Manager

01704 508099 / 07876 108783

admin@uniteprofessionals.co.uk