



## Cathy Lambert

### Case Manager, East Anglia

Cathy qualified as an Occupational Therapist in 1992 and has over 25 years' experience of working within the Local Authority, NHS and the independent/private sector. Her skills are many and varied as she has worked with clients with a broad spectrum of needs. Her experience also includes management. Cathy is a conscientious and sensitive professional who is skilled at using her very significant skill set and knowledge to get the best outcome for her clients. She accurately identifies the rehabilitation needs of her clients and utilises appropriate services to meet these needs. Cathy has excellent communication skills. She assists clients access financial assistance as required and carries out Blue Badge Assessments as an Independent Mobility Assessor. She also has management skills, including mentoring, supervision of other professionals such as Social workers, OT's and Community Care practitioners, recruitment and budget management. She enjoys swimming, cycling, running, triathlon, walking, live music and reading.

Cathy's abilities are underpinned by a very broad spectrum of clinical experience. She has worked with adults with a wide range of conditions, mostly complex needs. This ranges from client centred support planning where she carries out full assessments, identifying their key outcomes, managing transition from hospital to home in the form of reablement, major housing adaptations and equipment provision and is specialist in assistive technology, having implemented a trial involving assistive technology. Cathy has worked closely with carers and carried out full carer assessments in the community. She is fully aware of NHS treatment pathways and this allows her to recognise when this needs to be supplemented.

### Case Management Competencies

- Project management – works with partner organisations on new initiatives.
- Excellent knowledge of local services and is skilled at maintaining a good relationship with NHS teams.
- Previously worked closely with health teams at an operational level and on projects around integration.
- Effectively advocates for the client.
- Excellent communication skills, both with clients, carers and professionals.
- Extremely familiar and skilled with multi-agency working (both statutory and private).
- Ensures good, evidence-based practice and audits records to assist best practice.
- Skilled at client focussed care.
- In depth working knowledge of legislation in Social Care and provision of new adaptations.
- Able to motivate client's towards achieving their goals.
- Awareness of the need for proportionality of treatment

### Clinical Specialities

- Neurological Conditions
- Environmental Assessment
- Vocational Rehabilitation
- Housing and Adaptations
- Discharge Planning
- Complex Orthopaedic Injuries
- Dementia
- Learning Disabilities
- Moving and Handling

### Qualifications

Diploma in Occupational Therapy;  
St Andrew's School of OT, 1992.

### Professional Memberships

HCPC  
CMSUK  
Current DBS

## Case Examples

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73 year old gentleman with ABI and Dementia. Discharged to a residential home. Severe cognitive deficits and behavioural problems. I have liaised with the family and the home to ensure he has the services he needs and been working with the ICB, including through the appeals process with regards to the Continuing healthcare process. I have drawn on my knowledge of symptoms of brain injury (and how this differs from dementia) and the gentleman's needs and that from working in statutory services with a strong understanding of legislation and provision. I have liaised with specialist services to get the support he needs.

## Continued Professional Development

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- Unite Professionals Conference.
- OBAIR Associates – Vocational Rehabilitation.
- Suffolk County Council – Paying for care Services/ Deputyship.
- OT in Independent Practice -Safeguarding.
- Suffolk County Council – Moving and Handling.
- Mencap – Equal Opportunities / Increasing Independence /Enablement.
- IOSH train the trainer in people handling.

25 year old lady with severe injuries to lower leg, which resulted in an elective amputation. I have worked with specialist services and ensured that any decisions were informed and supported. I have sourced experts in this particular field to provide a range of options and to enable the best outcomes in terms of prosthetics and we are still in liaison regarding this. I have drawn on my knowledge of wheelchairs and housing issues.

## Work Experience

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June 2017 - Present

**Unite Professionals Limited**

Case Manager

September 2015 - Present

**Adult and Community Services**

Dementia Team Manager

August 1995 - April 2017

**Adult Community Services**

Occupational Therapist

August 1995 - April 1996

**East Anglia NHS Trust, Acute Psychiatry**

Occupational Therapist

January 1994 - August 1995

**Newmarket Hospital**

Senior Occupational Therapist

July 1992 - January 1994

**West Suffolk Hospitals Trust**

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

Natalie Briscoe

Business Development & Engagement Manager

01704 508099 / 07876 108783

[admin@uniteprofessionals.co.uk](mailto:admin@uniteprofessionals.co.uk)