



Sarah Bowles

Case Manager, Berkshire

Clinical Specialities

- Acquired & Traumatic Brain Injury
- Stroke
- Elderly Care
- Learning Disability
- Orthopaedic Trauma and Amputation
- End of Life Care
- Community Rehabilitation
- Complex Discharge Planning

Qualifications

BSc Hons Occupational Therapy.
Christ Church College Canterbury,
1996.

Post Graduate Certificate in
Posture Management for People
with Complex Disabilities. Oxford
Brooks University, 2003.

Certificate of Credit in
Motivational Interviewing. FHEQ L4.
University of West London, 2013.

Professional Memberships

HCPC
BAOT
BABICM
CMSUK
Current DBS

Sarah has over 25 years' experience working within health and social care. She is experienced working with adults across a range of services including complex hospital discharge, inpatient and community rehabilitation, neuro rehabilitation, crisis response, as well as in complex moving and handling, risk assessment, and quality and performance monitoring. Her work within adult social care with people with complex long-term needs (including cerebral palsy and traumatic brain injury), enables her to consider long term impact and future planning.

Central to Sarah's work has been to advocate for others. Be it through clear justification and reasoning for recommendations, care and support plans, adaptations or equipment, research and appraisal of options, collaboration with professionals and services to achieve positive outcomes for people, or securing funding to enhance service or training provision for individuals and carers.

Sarah's extensive clinical experience enables her to confidently understand and appraise detailed information to make informed decisions and recommendations in a time sensitive way. She understands the remit of statutory services and their limitations, is confident in Care Act eligibility and assessment, as well as NHS Continuing Healthcare and CQC regulations.

Sarah is highly experienced working with people and their families at difficult and emotional times of their lives, this makes her a compassionate assessor and strong advocate for her clients.

Case Management Competencies

- Fosters effective working relationships with individuals and families in challenging circumstances, to support individuals to consider their current situation, future goals and achievements.
- Effective communication skills to support individuals to understand complex information or difficult decisions.
- Holistic perspective to understand individuals' unique situations, and identify effective intervention plans.
- Proactive, collaborative and problem-solving approach to achieve positive outcomes for individuals.
- Adaptable approach, based on experience working with people with complex needs, plus size, people with behaviour of distress or concern, communication difficulties, or where there is a conflict of view.
- Promotes collaborative working across professionals and stakeholders through effective communication and timely information sharing, negotiation and prioritisation.

Case Examples

- 30-year-old stay at home dad sustained polytrauma in a motorbike accident. Internal injuries, bilateral upper and lower limb injuries, PTSD, complex pain, background of personality disorder and complex social situation. Unable to participate in previous coping strategies to manage his long-term mental illness and hallucinations. Functional rehabilitation, hand therapy, counselling and EMDR, MDT coordination incorporating NHS physiotherapy.
- 60-year-old groundsman sustained crush injury in workplace accident resulting in amputation. Psychological issues, weight gain, loss of confidence and dependence on his wife and wheelchair use. Wanting to walk, feel confident to go out on his own, socialise, go swimming and to the beach with his family. Prosthetics, coordination of outpatient and community-based physiotherapy and hydrotherapy. Supporting council rehousing and adaptations required.

Work Experience

November 2022 - Present

Unite Professionals Limited

Case Manager

March 2022 - Present

Therapies on Thames

Associate Occupational Therapist

March 2020 - April 2022

Reading Borough Council

Occupational Therapist (Lead Moving and Positioning)

March 2016 - March 2020

Reading Borough Council

Senior Occupational Therapist

July 2012 - March 2016

Berkshire Healthcare NHS Foundation Trust

Band 7, Advanced Occupational Therapist – Team Leader (Community Reablement and Inpatient Community Rehab)

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

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Continued Professional Development

- Keep up the good work. BABICM, 2023.
- The OT Show, 2023.
- Surgical, rehabilitation and prosthetic pathways following upper limb injury, 2023.
- Unite Professionals Conference, 2023 and 2024.
- People Handling and Risk Assessment Key Trainer, RoSPA level 4, 2020/2022.
- OTAC Reading, 2022.
- Health and Social Care Bill – Michael Mandelstam for Accora, 2021.
- OT Show Birmingham, 2021.
- Leadership Programme, 2021.
- Continuing Health Care - Michael Mandelstam for Reading Borough Council, 2018.
- Viva Access Housing Adaptations, 2016.