



Natalie Relf

Case Manager, Kent

Natalie is a highly experienced Senior Occupational Therapist with 15 years experience working within adult social care across several county councils. She has developed extensive expertise in reablement, complex moving and handling, specialist equipment provision, and delivering thorough Care Act-compliant assessments.

Natalie has a particular passion for supporting people with complex neurological conditions, she is skilled at navigating the rapidly changing needs associated with progressive conditions, providing timely, sensitive, and practical interventions that help individuals maintain safety, comfort, and independence. Her clinical approach blends strong technical knowledge with a deep understanding of the emotional impact of disability and illness on both individuals and their families.

Known for her calm, reassuring presence, Natalie excels at putting people at ease during what can often be overwhelming or vulnerable moments. She builds trust quickly, listens attentively, and creates a supportive environment where people feel heard, respected, and empowered to make informed decisions about their care.

Her autonomous practice and strong multidisciplinary collaboration ensure that every intervention is holistic and person-centred. Natalie works seamlessly across community and residential settings, consistently championing independence-focused outcomes in enabling people to live with dignity, control, and meaningful engagement in daily life.

Clinical Specialities

- Complex Neurological conditions
- Traumatic brain injury
- Spinal and Musculoskeletal injury
- Amputation
- Elderly & Frailty
- Specialist moving and handling
- Discharge Planning
- Long term care packages
- Reablement
- Continuing Healthcare

Qualifications

Canterbury Christ Church
University, BSc (Hons)
Occupational Therapy, 2010

Professional Registrations and Memberships

HCPC
CMSUK
RCOT
DBS - Current
ICO

Case Management Competencies

- Manage complex and high risk case loads
- Produce high-quality reports and clinical documentation
- Promote independence-focused outcomes
- Ability to conduct Care Act-compliant assessments
- Conducted complex manual handling and risk assessments
- Identify recommended, and provided specialist equipment
- Developed reablement plans with outcome-focused goal setting
- Manage specialist seating and postural needs
- Engage in multi-agency work, liaison, and client advocacy
- Supervise, support, and mentor staff
- Author Housing Needs Reports
- Coordinate major adaptations and housing grant projects
- Facilitate strong multidisciplinary collaboration
- Practice autonomously in community and residential settings

Work Experience

January 2026 – Present
Unite Professionals Ltd.
Case Manager

January 2026 - Present
Access Independent Ltd.
Independent Community Occupational
Therapist

March 2020 - January 2026
West Sussex County Council
Senior Occupational Therapist

Sept 2018 – March 2020
Kent County Council
Senior Occupational Therapist

Sept 2015 – Sept 2018
West Sussex County Council
Occupational Therapist

March 2014 – September 2015
East Sussex County Council
Locum OT/Senior Practitioner

Feb 2011 - March 2014
Kent County Council
Occupational Therapist Case Manager
& Care Manager (with additional
discharge planning experience at
Maidstone Hospital)

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

Professional Attributes

- Calm, reassuring presence
- Builds trust quickly
- Attentive listener
- Creates a supportive, respectful environment
- Empowers individuals to feel heard and respected
- Friendly and motivating
- Excellent time keeper

Continued Professional Development

- Train the trainer: Moving and Handling
- VTCT Level 3 Holistic Therapies - Reflexology 2026
- VTCT Anatomy & Physiology - 2026
- Adult safeguarding
- TEFL - 2019
- Diversity and inclusion training
- Moving and handling training update 2025
- Data protection training