

Jo Rawlins, Bachelor of Occupational Therapy

Jo qualified as an occupational therapist in 2004 and spent the first 5 years of her career providing rehabilitation case management in Australia for one of its leading providers. She acquired well developed case management skills as a result and gained experience performing functional capacity evaluations, pre-employment screenings, worksite evaluations and ergonomic assessments.

After relocating to the UK, Jo has worked in clinical roles within the NHS, social services, and private companies including community rehabilitation, reablement, wheelchair prescription and community occupational therapy involving provision of specialist equipment and housing adaptations. She has also worked as a full time assessor of welfare benefits. Jo has developed strong assessment skills in activities of daily living and a wide product knowledge in specialist equipment prescription including moving and handling equipment.

In the reablement setting, Jo has worked with clients following accidents, neurological events or surgery to set functional and self-care goals and overseen care staff providing reablement care to achieve these goals and regain maximal independence. She has also worked with clients with learning disabilities to assist with the transition from home into independent living setting suitable goals in relation to personal care and domestic activities, supervising carers supporting clients and monitoring and evaluating progress towards the end goal.

Jo has a special interest in adaptations and housing design enabling safe access to facilities for clients and their carers. She has worked with clients with a range of conditions including orthopaedic injuries, motor neurone disease, multiple sclerosis, amputations, spinal injuries, cerebral palsy, muscular dystrophy, autism, and acquired brain injury. She is client focused in her work whilst also working closely with family members and carers, and working in a collaborative multidisciplinary approach with other relevant health and social care professionals. Jo has worked on a project to design 14 reablement and residential flats to wheelchair specification including bathroom, kitchen and all internal areas. The project included one flat designed to bariatric specifications. It involved working with building surveyors and equipment suppliers to agree plans and builders to address any design issues until completion.

As a case manager, Jo has worked with clients following multi-trauma injuries and acquired brain injury to achieve maximal functioning and return to work where appropriate. She has also worked with a number of adults and children suffering psychological injury relating to trauma and loss following the Grenfell tragedy. She ensures that her practice is evidence based and uses appropriate guidelines such as the rehabilitation code as well as NICE guidelines where appropriate.

Jo is based in London, is a member of the British Association of Occupational Therapists, is HCPC registered and is member of the Case Management Society of the UK. She is committed to professional development, attending and utilising knowledge gained from relevant training and conferences in her practice.

Jo currently works as a case manager with Ainscough Associates completing initial needs assessment and providing ongoing case management. She is highly organised, self-motivated and passionate about supporting clients to engage in clinically appropriate interventions to achieve maximal function and well-being.