

Amanda Nott, Occupational Therapist

Amanda Nott, Dip COT, qualified in 1993 from St Andrew's School of Occupational Therapy in Northampton. She has worked both within private and public sectors across a range of clinical areas to include adults and older people with severe and enduring mental illness forensic psychiatry and challenging behaviour, acquired brain injury, early onset and unusual dementias and progressive degenerative conditions, eg Huntingdon's.

Upon qualifying Amanda spent 4 years working for St Andrew's Hospital building experience across a range of clinical areas to include adults and older people with severe and enduring mental illness (schizophrenia, bi polar illness, personality disorder) general acute psychiatry (depression, anxiety, post natal depression, phobias, PTSD), forensic psychiatry and challenging behaviour and adolescents and adults with treatment resistive eating disorders. During this time Amanda was a trained member of the hospital wide Quality Assurance Group and the Disabled Access Committee.

In 1996 Amanda left to join Warwickshire Combined Care Mental Health Trust as a Senior I OT where she developed OT provision to Day Care Services and maintained an ongoing service to acute inpatient admission wards.

Prior to leaving the trust Amanda spent some time as a Community Mental Health OT for the local Community Mental Health Team.

In 1999 Amanda returned to the private sector and specialised in the treatment of older people with mental health problems and led Occupational Therapy service development at St Andrew's Hospital for early onset and unusual dementias.

In 2000 she moved back to general acute psychiatry and specialised in eating disorders, assessing patients admitted as medical emergencies at very low weight with physical, psychological and cognitive impairment, providing rehabilitation and reintegration to work and home settings.

By 2003 Amanda was developing her private practice and was providing a service to a local group of Care Homes for younger adults and older people with mental health problems, acquired brain injury and degenerative conditions. The service comprised assessment and treatment, report writing, design of needs led therapeutic activity programmes and staff training in the provision of therapeutic activity. Amanda is conversant with Care Home legislation and the requirements of registration and inspection and takes a keen interest in quality issues within Care Homes.

Amanda has maintained her knowledge and skills in the assessment of physical dysfunction through working with patients with acquired brain injury, dementia, Huntington's, Parkinsons and eating disorders. She is also experienced in the assessment and provision of adaptive equipment, to include seating and mobility equipment, for post operative care home residents returning to the home from orthopaedic wards.

In 2007 Amanda chose to specialise further in the field of acquired brain injury and has prepared Rehabilitation Needs reports under the Rehabilitation Code for clients with acquired brain injury both pre and post settlement.

Amanda is also interested in Vocational Rehabilitation and has undertaken training in the design of 'functional restoration for return to work' programmes. She is familiar with the work related 'Flag System'.

Amanda is registered with the Health Professions Council.