

Birgit Rathje-Vale, Occupational Therapist

Birgit Rathje-Vale qualified as an Occupational Therapist (OT) in 1994 with an Honours degree in Occupational Therapy from St Andrews School of Occupational Therapy. Since then she has acquired a wide range of clinical, managerial and training experience working in the NHS, the private and voluntary sector in long term rehabilitation, community care as well as the acute care. In 2007 she also completed her post graduation certificate with Merit in Neurological Rehabilitation at Oxford Brookes University.

Her experience includes the assessment and rehabilitation of individuals with neurological conditions, acquired brain injury, complex needs and the elderly. Whilst working in the NHS Birgit also has been an active member of the National Association of Neurological Occupational Therapists (NANAOT), working nationally on the Stroke Clinical Forum and locally taking the role of Chairperson for the Oxfordshire regional NANOT group for a number of years.

Birgit has worked in Private practice since 2001 and in this capacity has worked with individuals with a number of neurological conditions, mainly brain injury, medical and orthopaedic needs. Interventions include assessment and treatment of difficulties with activities of daily living (ADLs), formal and informal cognitive assessment, cognitive rehabilitation, home assessment visits, assessment for and provision of equipment and minor adaptations, employment suitability reports.

Additionally Birgit has carried out assessments and recommendations for wheelchairs, advice and support enabling individuals to return to purposeful employment and leisure activities, plus coordinated multidisciplinary care and set up as well as monitored goal orientated treatment programmes. She has also undertaken work with OT stores at the international 'Reha' Exhibition in Düsseldorf, acting as a translator with specialist OT knowledge.

Since 1998 Birgit has also worked for Harrison Associates on a regular basis, developing and delivering training programmes for OTs.



Birgit also writes a monthly feature on OT related topics for Choice magazine.

She has a particular interest in neurological rehabilitation and is skilled in complex needs assessments and rehabilitation, report writing and training.

Birgit is a member of a number of different Occupational Therapy professional bodies, such as OT in independent practice (COTIP), OT in work and productivity (COTWPP), OT in neurological practice (COTNP) and she is an associated member of the Institute for Leadership and Management. She is also an active member of her local UKABIF group.

She is a registered member of the British Association of Occupational Therapists (BAOT), British Association of Brain Injury Case Managers (BABICM), registered with the Health Professional Council (HPC) and regularly attends training course in a wide range of subjects for her continued professional development.



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Registered Office

March House, Long March, Daventry, Northants NN11 4NR
Tel 01327 876210 | Fax 01327 872559 | DX 155100 DAVENTRY 4

www.bushco.co.uk