

Clare Ellerington, BSC (Hons) Occupational Therapy

Clare Ellerington is an Occupational Therapist registered with the Health Professions Council. She gained an honours degree in Occupational Therapy at the University of Northumbria at Newcastle in 1998. She is a member of the British Association of Occupational Therapists. Since qualifying, she has gained in-depth experience of working with children and adults with complex physical disabilities, working in the UK and Australia. She is a trained Manual Handling Trainer and is skilled in people handling and risk assessment.

As a newly qualified Occupational Therapist, Clare Ellerington worked for a sizeable Community NHS Trust in a large rotational post, which included Health and Social care settings in both physical and mental health. Gaining experience in the field of Forensic Psychiatry, Elderly Psychiatry, Community Hospital, GP Open Access and community based Social Services. This opportunity helped develop her skills of working with a variety of disabilities such as multiple sclerosis, motor neurone disease, muscular dystrophy, cerebral palsy, spinal injuries and amputation.

Her first senior role was providing a community and hospital inpatient and day care occupational therapy service for elderly clients with functional and organic conditions.

Her experience involved individual and group work interventions to enhance life skills and promote safe discharge from hospital. She monitored and reviewed the skills required for community living providing supervision to students and staff.

After leaving the NHS, she moved to work within a social services department, which involved completing assessment of need in respect of disability equipment and housing adaptations for children and adults with a wide range of physical and complex disabilities. This involved ensuring recommendations were appropriate to meet short and long term needs, and monitoring and reviewing the building process. This role necessitated liaising with architects and grants officers to secure funding and deciding on appropriate recommendations for major housing adaptations. This experience enhanced her ability to manage a complex caseload, undertake student education and provide support and supervision to staff.

During this time, Clare Ellerington developed a special responsibility for completing complex manual handling risk assessments and she provided comprehensive individual manual handling care plans to ensure compliance of carers within current legislation. She achieved further training in manual handling techniques and became a qualified trainer and advisor.

Clare Ellerington has worked with a variety of agencies and has been involved in restructure and progression of new policy and appropriate training being developed in this field.

In 2003, Clare Ellerington took up a position for The Spastic Centre Rural Therapy Service, in New South Wales, Australia.

Clare Ellerington worked within a multidisciplinary team for children with significant and complex needs. She supported children and their families with disabilities to reach and realise their maximum potential. Clare Ellerington actively promoted inclusion and participation of children with disabilities within the community and raised awareness of disability issues in the wider community. The diagnostic areas included cerebral palsy, neurological conditions, muscular dystrophy, autism spectrum disorders, downs syndrome and a range of other syndromes and disorders. She developed a high level of competence in working with children, their families and other people involved in supporting them. This service practiced a model of family centred practice.

Clare Ellerington has experience and further training in completing complex assessments and recommending equipment for 24-hour postural management.

She has experience of seating and positioning assessments and prescription techniques and is competent in completing physical evaluations to identify skeletal and postural abnormalities with a view to maximising a child's potential.

Taking into account clinical and recreational needs she assessed children and young adults for specialised cycles, wheelchairs and specialist controllers and seating systems. She raised awareness of the benefits of powered mobility for young children and completed assessments of individual's wheelchair proficiency and assisted children in developing their driving skills. She worked as part of a multidisciplinary team, working as a sole occupational therapist, in a rural location covering a wide geographical area. Within this role, she actively supported student education and supervision of staff.

In 2006 Clare Ellerington returned to the UK worked in a wheelchair service completing wheelchair and seating and positioning assessments for children and adults with a variety of disabilities. Providing advice, assessment and management of individuals within the community, hospital and 24-hour care environment by carrying out home visit and clinics assessments. Clare Ellerington applied postural management techniques and principles, completing environment wheelchair access visits and recommendations.

She was involved in proficiency assessments for indoor and outdoor powered mobility and participates in clinics for customised and moulded seating for individuals with complex positioning needs.

Clare Ellerington is committed to continuing professional development and her special interests have focused on children with complex needs and principles of people handling skills. Clare Ellerington has strong clinical skills working with children.

Clare Ellerington joined the team at Bush and Company in 2006 in order to pursue her interest of manual handling and working with children and adults with complex needs. Currently she also works as a paediatric occupational therapist.