

Helen Cowles, Occupational Therapist

Helen Cowles qualified as an Occupational Therapist in 2002 from the University of East Anglia with a BSc (Hons) in Occupational Therapy. She is registered with the Health Professions Council and is a member of the British Association of Occupational Therapists.

Helen started her career with the Oxford Radcliffe Hospitals NHS Trust, gaining a broad range of experience across General Medicine, Trauma, Orthopaedics, Surgery, Community Rehabilitation, Palliative Care, and Paediatrics. This post gave Helen a solid grounding in the assessment and treatment of a wide range of conditions in both Acute and Community Hospital settings and clients' own homes. She was subsequently promoted to a senior position in the OT trauma team at the hospital. During this time, she developed specialist skills assessing and treating clients with a range of traumatic injuries, including brain and spinal injury. Interventions included cognitive and functional assessment, provision of specialist seating, splinting, home assessment, and equipment provision. Helen was also responsible for the induction and supervision of rotational junior staff in the team and qualified as a placement supervisor for both Oxford Brookes and Coventry Occupational Therapy students.

Helen developed her interest in Neurological Rehabilitation through a senior post in the Neurological Rehabilitation Services team at the Oxford Centre for Enablement (formerly Rivermead). Here she further specialised working with clients following stroke, traumatic brain injury, guillain-barre syndrome, and multiple sclerosis, among others. She was responsible for the implementation of programmes of assessment and treatment for physical, cognitive and communication impairments for a caseload of clients, co-ordinating OT Assistants and Technicians. She gained experience in the use of communication aids, assistive technology, and specialist seating. Helen undertook a range of specific training, including the assessment of complex postural needs, cognitive and perceptual impairments in acquired brain injury, and use of SaebFlex upper-limb functional orthoses.

Helen currently works as a Locum Occupational Therapist across the west of England. She works across a variety of clinical settings, particularly enjoying working with clients with complex needs. She has worked in the Regional Posture & Mobility Service, based in the West Midlands Rehabilitation Centre, providing highly specialist seating and mobility assessments to clients with complex disabilities affecting mobility, posture, function and pressure relief.



Helen has also worked at a senior level in neuro-rehabilitation at the Frenchay Brain Injury Rehabilitation Centre in Bristol and is currently based at the Frenchay Hospital in Bristol, working in the regional unit for Paediatric Neurology.

Helen Cowles has demonstrable experience in quickly building effective relationships with clients, families, colleagues, healthcare professionals and associated agencies. She is experienced in the provision of a wide range of training to clients, families and staff. She demonstrates effective management of complex caseloads and has an extensive working knowledge of health and social care services.

Helen joined Bush & Company in 2010 undertaking Immediate Needs Assessment and Case Management.



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