

Jeanette Gash, Occupational Therapist

Jeanette Gash, BSc (Hons) OT has experience of working with adults with a wide range of physical and mental health problems. One of her main achievements was setting up a new assessment service for care management teams within social services. She is skilled in condition management, vocational services and fatigue management and is an accredited coach.

Jeanette is an Occupational Therapist registered with the Health Professions Council and is a member of the British Association of Occupational Therapists. She gained an honours degree in Occupational Therapy from Canterbury in 1997. Since qualifying she has gained experience across the NHS, social services and the private sector working mainly with adults and older people. Jeanette is also an accredited coach and holds a diploma in coaching.

After graduating, Jeanette worked for a large community trust in a mixed rotational post gaining experience in acute orthopaedics and trauma, general surgery, community day hospital and adult mental health. She was also seconded to social services where her role involved assessing adults with a wide range of disabilities and making recommendations regarding equipment needs, home adaptations and re-housing. Completing this rotational post helped Jeanette develop her skills working with a variety of disabilities including

orthopaedic conditions, amputation, stroke, rheumatology, progressive neurological conditions as well as mental health conditions including mood and anxiety disorders.

Jeanette's first senior role was in a Community Hospital providing inpatient rehabilitation for adults.

Her role included neurological assessments, cognitive and perceptual assessment, functional assessments and home evaluation including provision of equipment for discharge.

Jeanette left the NHS and returned to social services as a senior locum OT where she was invited to set up a new service for the care management teams. This successful service evaluates existing care packages and finds ways to improve independence and reduce dependency on care services.

After a maternity break, Jeanette moved into a Head OT post which covered inpatient and community reablement services. As well as a clinical case load, her role also included staff supervision and service development. During this time Jeanette also became a calibrated AMPS assessor.



During a second maternity break, Jeanette completed a diploma in coaching and began using coaching within occupational therapy. In January 2008, she began working on the Pathways to Work programme as an Occupational Coach working with people receiving Incapacity Benefit who wished to return to work. Her caseload was varied and included people with physical disabilities, mental health problems and very often a combination of both. This role included condition management, wellbeing coaching and group work to help remove barriers to employment.

Since 2007 Jeanette has also worked part-time at the Multiple Sclerosis Research Unit on the Fatigue Management Programme and she has recently been asked to establish a new Life Management Service.



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