

Kay Mayes

Vocational Case Manager, Telford

Experience

Kay has nearly five years' experience in providing Vocational Rehabilitation Services to clients with complex physical disabilities and Traumatic Brain Injury. Kay is an experienced Counsellor and Cognitive Behavioural Therapist with over 10 years' experience in mental ill health. Kay has a range of clinical, managerial and communication skills to assist individuals in identifying their rehabilitation needs and then implement an effective case management process for her clients. Kay has completed a diploma level Brain Injury Awareness course at the Kemsley Brain Injury Unit at St Andrews Hospital in conjunction with Northampton University.

Key Skills

Kay works alongside her client and their families to set meaningful and specific goals, alongside the use of appropriate outcome measures. This contributes to the on-going process of reassessment and evaluation providing clients, their families and carers with a clear understanding of their therapy and focuses for maximising their individual potential. Kay utilises her varied range of skills and experience to achieve a good relationship with her clients, this enables the client to achieve a clear picture of their goals for vocational rehabilitation. Kay's experience will assist her clients to either achieve a back to work or training outcome. Kay adopts a client-centred approach ensuring that the client's goals for rehabilitation are tailored to their changing vocational needs and ensures that motivation levels and engagement is maintained at all stages.

Expertise

- Adults with acquired brain injury
- Case Managing clients with traumatic brain injury, multiple orthopaedic trauma and psychological issues
- Expertise in fatigue, anxiety and depression management
- Professional qualifications in Counselling and Cognitive Behavioural Therapy
- Successfully returning people to work after long term absence
- Effectively uses voluntary work and work experience to enable clients to utilise the skills they learn for future work choices
- Successfully negotiating graded return to work programmes with employees