

Lindsey Fielding, Occupational Therapist

Lindsey Fielding is an Occupational Therapist registered with the Health Professions Council. She gained a BSc degree in Occupational Therapy at Queen Margaret University College in Edinburgh in 2000. She is a fully registered member of the British Association of Occupational Therapists.

Since qualifying, Lindsey has gained experience within social services, private sector and also within the NHS, working mainly with adults and older people. Following graduation, Lindsey commenced work in social services in Edinburgh, working with clients with a wide range of physical and mental disabilities, including, multiple sclerosis, Parkinson's disease, spinal injury, stroke, arthritis, Korsakoff's Syndrome, depression, alcohol and drug misuse, and dementia. This enabled her to develop her skills in assessing client's needs, provision and recommendation of equipment and minor/major environmental adaptations.

In 2002, Lindsey moved into a care management role in the Scottish Borders, still within social services. This involved working with clients with complex occupational therapy and care management needs. She worked closely with a wide range of organisations: health, voluntary, private and local authority. Lindsey was responsible for the assessment of client's short and long term complex needs, and the provision of complex items of equipment and major environmental adaptations.

This involved Lindsey working closely with architects, builders, housing associations and grant officers. This role also allowed Lindsey to develop her skills and gain in-depth experience as a care manager in relation to the organisation and planning of complex packages of care, respite, and placements in residential/nursing homes. She was also responsible for the monitoring and reviewing of these complex care managed cases.

During this time Lindsey was also part of a small team that designed and developed a Self Assessment Project, allowing client's to access small aids and minor adaptation. This also involved the training of staff members. Also during her work as a care manager, Lindsey undertook numerous complex Moving and Handling Risk Assessments for local nursing homes, under the instruction of The Care Commission and local authority. She was responsible for providing comprehensive moving and handling care plans, including recommendations of appropriate equipment, and guidance/instruction to staff members, in keeping with current legislation.

In 2007, Lindsey returned to Edinburgh where she worked as a community based occupational therapist, still within social services, and she also commenced a role with a private care management company as an occupational therapy care manager.



The private work involved Lindsey being an on-call care manager, having managerial responsibilities and providing support to client's and staff members. This was a high pressure role with a limited reaction time, where she dealt with a varying nature of care management issues and was required to provide immediate responses and actions carried out occupational therapy specific assessments, on a private basis for clients. This also included recommendations on environmental factors and equipment. Also during this time, Lindsey completed her Moving and Handling Facilitators Course, with credit. She keeps this up to date with annual refresher training.

In 2008, Lindsey moved to the South of England and has been working as a locum occupational therapist. Over the past year she has gained experience working as a senior therapist as part of a rehabilitation team, working with a client base of orthopaedics, trauma, and long term conditions, and specialising in working with client's who suffer falls.

Her responsibilities have included assessment of client needs, identification of rehabilitation goals, progress and support of rehabilitation programmes, monitoring, evaluating, grading and modification of treatment to ensure effectiveness of intervention, application of functional and standardised assessments, including specialist falls assessments and prevention advice.

Lindsey has also completed a locum contract as a Senior Practitioner, working as part of a social services Advice and Assessment Team. Her responsibilities included assessment of client's needs, organisation and planning of minor adaptations, provision of a wide range of equipment, moving and handling risk assessments, and supervision of junior members of staff and assistants.

Most recently, Lindsey has been contracted as a senior therapist by a local health authority, as pilot project, to create and develop the Continuing Health Care occupational therapy service. She has found this to be an exciting and rewarding opportunity, predominately sole working, however, liaising closely with care managers and other health professionals. She works with a wide range of clients, including those with spinal injuries, stroke, multiple sclerosis, palliative care, dementia and profound learning disabilities. Responsibilities include assessment of client's needs, provision of specialist items of equipment and environmental adaptations, including sourcing of such equipment, monitoring and reviewing of case load, complex moving and handling risk assessments and care plans. The role also requires audit and statistic gathering and reporting.

Lindsey is committed to continuing her professional development and has undertaken training in equipment and adaptation law, Appropriate Adult legislation and training, and Moving and Handling.



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