



## **Shelley Matthews**

### **PROFILE**

Shelley has been a State Registered Occupational Therapist since 2000 and has developed a broad repertoire of clinical skills. She has worked in a variety of settings with clients of all ages and with many different conditions, disabilities and levels of complexity. Shelley has worked in an NHS wheelchair Therapist for 6 years where she found a passion for posture management, wheelchair and seating; during her time with the wheelchair service she developed specialist skills in working with children and young adults and has since been working with this client group in both community and school settings.

Shelley is competent in completing complex postural assessment and is able work well with clients and their families and/or carers as well as other health professionals to achieve the best possible solutions. In addition to her clinical expertise, Shelley is highly motivated and organised, works in a holistic and client-centred way and has excellent communication and report writing skills.

### **KEY SKILLS:**

- Completing complex postural assessments.
- Assessment and provision of both manual and powered mobility including specialist buggies.
- Assessment and provision of specialist seating systems (including static).
- Recommendations for 24-hour postural management programmes.
- Pressure care Advice.
- Manual Handling advice and recommendations.
- Provision of training for safe use of wheelchairs and seating.
- Confident in completing adjustments to seating systems and fitting of accessories.
- Extensive experience in working with children and young adults with a wide range of conditions and disabilities, these include: Cerebral Palsy, Muscular dystrophy; Global Developmental Delay; Sensory Processing Difficulties; Autistic Spectrum Disorder (ASD); Developmental Coordination Disorder (DCD).
- Experience in working with adults with neurological conditions e.g. Multiple Sclerosis and Motor Neurone Disease.
- Excellent Communication and report writing skills.

### **EDUCATION:**

Oxford Brookes University  
BSc (Hons) Occupational Therapy - Class 2:1

### **POST GRADUATE TRAINING:**

- September 2017 - Makaton for Professionals (2-day course with Alex Kelly Ltd)
- June 2017 - Understanding and Managing Children with Cerebral Palsy and Related Conditions (Dr Sydney Chu)
- 2015 - Occupational Therapy for Children with Autistic Spectrum Disorders (Dr Sydney Chu)
- 2015 - Occupational Therapy for Children with Developmental Coordination Disorder (Dr Sydney Chu)
- 2015 - Occupational Therapy for Children and Young People (Royal Free)
- 2014 - PMG National Training Event (Cardiff Motorpoint Arena)
- 2012 - Wheelchair Masterclass (Stoke Mandeville Spinal Injuries Unit)
- 2011 - PMG National Training Event (Warwick University)

- 2011 - Chailey Approach to Posture Management (Active Design)
- 2011 - Impetus wheelchair and Pressure Care Training (Invacare)
- 2011 - Dynamic Controls Training Course (Invacare)
- 2010 - Posture Management for Adults and Children with Complex Disabilities (Oxford Centre for Enablement)
- 2010 - International Interdisciplinary Conference on Posture and Wheeled Mobility (Glasgow SECC)
- 2001 - The Assessment and Treatment of Clients with Perceptual and Cognitive Dysfunction (Harrison Associates)

### **CAREER REVIEW:**

Sept 2017 to present: **Associate Posture and Seating Specialist - Wheel of Health, Hampshire.**

Providing comprehensive assessment of postural, seating and mobility needs. To work in collaboration with the clients, their families/carers, other involved professionals and equipment suppliers to achieve effective solutions and outcomes. To advise on 24-hour postural management, moving and handling techniques and pressure care.

Oct 2016 to present: **Occupational Therapist - Ingfield Manor School**

Working as part of a trans-disciplinary School team to support children with neurological disorders (mainly cerebral palsy) in a Conductive Educational setting. Duties include: posture management; moving and handling assessments; development of hand skills (including orthotics) as well as sensory strategies; power chair training and contributions to Educational Health Care Provision (EHCP) reports and annual reviews.

May 2015 to Oct 2016: **Bank Occupational Therapist - Children's Therapy Service Solent NHS Trust**

To assist the Band 7 OT for physical disabilities (PD) with their large caseload. Holding a full caseload, this role provided opportunities to expand my knowledge of postural management in community and school settings and to also gain experience of working with children with autism and DCD. Interventions involved equipment provision and/or recommendations; therapeutic programs, strategies and advice. Contributions to EHCP reports and assisting with charity applications for funding were also required.

Feb 2009 to Mar 2015: **Wheelchair Therapist Sussex Community NHS Trust Wheelchair Service (Bognor Locality)**

Working Predominantly with children and young adults this post required a high level of skill and competence in assessing postural needs and mobility needs. Working closely with clients, families, carers, other health professionals, school staff and Rehabilitation Engineers to ensure the best possible outcomes. This post provided excellent service development opportunities and many changes and schemes were implemented including providing an efficient and proactive service the children and young adults by introducing 6 monthly reviews for those with complex needs, co-ordinating a charity-funded loan scheme for very young active users as well as providing wheelchair skills training sessions. This post also allowed opportunities to work with adult service users and specialist training was received to guide practice when working with users with Motor Neurones Disease and pressure care issues.

Sept 2002 to Feb 2009: **Fareham and Gosport Occupational Therapy Service. Band 6 (Rotational Post):**

- Elective Orthopaedics; Community Elderly Mental Health (EMH)

Oct 2000 to Sept 2002: **Fareham and Gosport Occupational Therapy Service. Band 5 (Rotational Post):**

- Elderly Mental Health; Neuro Rehabilitation; Medical

**PROFESSIONAL MEMBERSHIPS AND SPECIAL INTEREST GROUPS:**

- Royal Association of Occupational Therapists and College of Occupational Therapists – Professional Member: BT0218531
- Health and Care Professions Council – Professional Member: OT32818
- College of Occupational Therapists Specialist Section – Children, Young People and Families
- Posture and Mobility Group
- Sensory Integration Network (Bronze Member)