

Kerstin Pereira
Clinical Case Manager

Based in: Sheffield

Expertise: Adult, brain injury, mental health, orthopaedic injuries, Cerebral Palsy

Clinical Case Manager (March 2018 – Present)

Working at AKA Case Management Limited to provide a collaborative service that assesses, plans, implements, monitors and evaluates support options and services that meet the unique needs of a person who has suffered traumatic injury.

Examples of my current case load include:

- Working with a 23 year old woman with MS and mental health problems who had recently been moved into a flat of her own following the death of her mother. We supported her with the transition to independently living including, helping her to develop her skills and confidence to manage her care team, access psychological support to deal with her grief process, advocate for access to adaptations and equipment which would maximise her independence and quality of life.
- Working with a 17 year old young man with a traumatic brain injury as part of a specialist therapy team, to maximise his potential of recovery. Liaising with neuropsychologist to complete comprehensive cognitive assessment to advocate and support return to education with his peers. Representing the therapy team at case conference to provide detailed feedback of progress for funding and articulate need for future input.
- Working with a 68 year old man with a significant brain injury and complex vestibular and orthopaedic problems. Designing and delivering case management plan, bringing together specialist therapy team and support workers to reach his goals of getting back to cycling, walking, and attending music events.
- Working with a 27 year old woman with a significant brain injury, stroke, and complex orthopaedic injuries. Co-ordination of therapy team to deliver intensive multi-faceted treatment plan including pain and fatigue management, working towards goals of successful attendance on a beauty therapy course as part of vocational rehabilitation.
- Working with a 18 year old young woman with cerebral palsy to make transition from children's to adult health and social care services, providing information on what services would be available and supporting her to advocate for herself within these services. Also facilitated her to access support group locally to offer social opportunities for other young people with disabilities. She went

on to advocate for young people with disabilities being able to access specialist advice on dating and sexual health matters.

Achievements:

- PG Dip Occupational Therapy
- BA (Hons) Social Policy and Health
- ILM Level 3 management programme
- Appreciative Enquiry Leadership programme
- Post qualification training and CPD activities including theoretical principles relating to normal movement and abnormal brain function, the use of range of assessment tools such as COPM, Mayo Portland and Rivermead Assessment Battery.

Professional Memberships

- Registered with the Health and Care Professional Council (HCPC)
- Member of Royal College of Occupational Therapists

Most Recent Training

- Specialist seating assessment
- Extended moving and handling facilitators course
- Strengths based leadership
- Level 3 adult protection training (Scotland)