

AKA helps and empowers people to live life after a devastating, traumatic injury. We promise to listen, nurture and guide as their happiness and wellbeing underpins everything we do. We focus on practical and emotional support in the community and drive the industry for consistently high standards of performance and professionalism.

Kerstin Pereira
Case Manager

Based in: Sheffield

Expertise: Adult, brain injury, multiple orthopaedic injuries and amputations

Profile

An experienced occupational therapist and case manager with a passion for delivering high quality rehabilitation and support to clients with complex levels of need. An ever-developing practitioner seeking out opportunities to support others to develop themselves and take a keen interest in service development that improves the clients experience and outcomes. Experience in community and hospital settings and transitions between. HCPC registered, Advanced Registered Practitioner Member of BABICM. IRCM registered.

Work History

AKA Case Management
Case Manager

March 2018 – Current

Clinical case manager working with clients with brain injury and complex orthopaedic injuries. Experienced in working in cases in litigation and settled cases, developing and delivering integrated disciplinary team rehabilitation programmes, producing court ready reports, focusing on person centred care which deliver positive outcomes for people and their families.

Sheffield Hallam University
Associate Lecturer

June 2022 – Current

Delivery of education sessions to BSc, MSc, and apprentice level students on pre-registration occupational therapy programmes. Includes education in community brain injury occupational therapy, but also the application of occupational therapy theory into practice, and use of evidence base and best practice.

STEPS rehabilitation, Sheffield

April 2017 – March 2018

Clinical Lead OT – specialist neuro and multi-trauma rehabilitation unit

Delivery of OT services to clients with complex needs in a private specialist rehabilitation unit. Development of OT and wider service in new and evolving business. Supervision and training of rehabilitation staff. Key worker for clients liaising with families, solicitors, Continuing Health Care funders and case managers co-ordinating clients rehabilitation.

City of Edinburgh Council

November 2015 – April 2017

Occupational Therapist – Health and Social Care

OT assessment and intervention to clients in the community who have a range of disabilities. Consideration of short and long term needs, including on-going

rehabilitation, provision of specialist equipment and adaptations, and complex care management.

Break in Service

August 2014 – November 2015

Travelled through Scotland and South East Asia, enjoying walking and mountain biking within the Scottish Borders and beyond.

Scottish Borders Council

September 2012 - August 2014

Occupational Therapist - Short Term Assessment and Reablement Team

Assessment and design of short term reablement programmes for older adults to support prevention of admission to hospital or early supported discharge. Multi-disciplinary assessment alongside physiotherapy and nursing staff. Provision of equipment as compensatory and graded approach to recovery. Input into Intermediate Care unit to ensure effective rehabilitation programmes to enable successful transitions to home.

Leeds Community Health Trust

February 2011-September 2012

Senior Occupational Therapist - Community Neurology Team

Assessment, treatment and review of occupational goals for clients in the community with long term and complex neurological conditions. Goal using a range of treatment approaches including one-to-one sessions and group programmes, in a variety of settings including rehabilitation unit, client homes, and educational/vocational environments. Development and delivery of education sessions and assessment of pre-qualification MSc OT students. Supervision of newly qualified Band 5 OT's and OTA staff. Provision and delivery of CPD to colleagues within the team. Involvement at working party level for service development.

East North East Leeds Housing

February 2010 – February 2011

Lead Occupational Therapist, Adaptations Team

Lead OT for adaptations service within housing organisation. Responsible for 2 staff delivering OT assessment of clients housing and adaptations needs. Property matching for disabled clients to ensure their home environments would meet their long-term housing needs. Adaptation advice for existing clients making recommendations for reasonable expenditure on adaptations and equipment, including for people with complex needs being prevented from discharge from hospital or children with complex long-term needs, involving written presentation of recommendations to senior management team. Advisory role to senior management for new build projects. Placement support for pre-qualification students.

Leeds Community Health Trust

April 2008-February 2010

Occupational Therapist, Community Rehabilitation Unit

Initially employed as Band 5 on rotation leading to temporary Band 6 OT role within the in-patient rehabilitation service for clients with complex and enduring neurological conditions requiring multi-disciplinary assessment and treatment. I provided OT assessment and treatment of these clients alongside MDT comprising of SLT, dietician, physiotherapist, rehabilitation consultant, nursing staff and clinical psychologists.

Assessment and treatment of clients with complex physical, perceptual, and cognitive needs. Empowered to explore novel ways of delivering services within confines of rehabilitation setting which was away from clients home, including the critical appraisal implementation and review of use of Nintendo Wii within the unit, with presentation of outcome to regional meeting of British Society of Rehabilitation Medicine, thus developing confidence in presentation skills. Enjoyed and thrived on access to MDT knowledge and wide ranging CPD opportunities to develop understanding of multi factorial impact of living with long term neurological conditions, and role of rehabilitation to promote recover, independence, and long term community participation. Supervision of students on placement and newly qualified band 5.

Leeds Teaching Hospital Trust

September 2006-April 2008

Rotational Band 5 Occupational Therapist

Post qualification consolidation of clinical OT assessment, intervention, and evaluation skills across range of services. 6 months spent in the following areas, community mental health treatment unit, Medical Elderly Acute Hospital Ward, Adult Social Care, and Community Rehabilitation Unit (Neurology Services).

Qualifications

Comprehensive range of post qualification training and CPD activities including, theoretical principles relating to normal movement and abnormal brain function affecting physical, perceptual and cognitive function, the use of a range of assessment tools such as COPM, Mayo Portland, Rivermead Assessment Battery, and principles of treatment options, extended moving and handling, specialist seating and postural management.

I have completed ILM Level 3 management programme and Appreciative Enquiry (strengths based) Leadership programme and am interested in positive psychology approaches of solution focused working and motivational interviewing.

2006 South Bank University, London, United Kingdom

PG Dip Occupational Therapy

1993 University Of Hull

BA (Hons) Social Policy and Health