



### Professional Membership

- Registered as an Occupational Therapist with the Health Care Professions Council (Membership Number: OT23149)
- Member of the British Association of Occupational Therapists and College of Occupational Therapy (Membership No: BT0207706)
- Registered with the College of OT Specialist Section of Neurological Practitioners and Specialist Section of Independent Practitioners (Membership Number: N2045)

### Qualifications and Experience

In 1994 Julia Roberts completed her training as an Occupational Therapist in Canterbury, Kent.

Julia **specialised in neuro-rehabilitation** early on in her career as an Occupational Therapist, which means she has extensive knowledge and experience dealing with a variety of presentations and diagnoses.

Julia also has a high level of expertise in **upper limb assessment, management and splinting**, in respect of both neurological and rheumatoid conditions.

Julia has a working knowledge of a wide variety of **outcome measures and extensive experience of SMART goal setting**

Julia continues to attend regular continued professional development events, such as courses and conferences. Information on courses attended and continued professional development can be provided upon request.

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### March 2011 – Present day

Since March 2011 Julia has been the clinical lead and a partner in a private practice known as Neurolink Occupational Therapy LLP. In April 2015 she became the managing director of Neurolink Occupational Therapy Ltd, a company providing specialist assessment and neuro-rehabilitation of adults after brain injury, spinal injury and other neurological diagnoses.

Neurolink OT also offers an **upper limb assessment, hand therapy, splinting and rehabilitation service** to clients with a wide variety of other diagnoses.

### Feb 2008 – Sept 2011 Lewisham Community Healthcare NHS Trust

8a Clinical Lead Occupational Therapist for Adult Therapy and Intermediate Care Teams across the community in the borough of Lewisham.

Operating as a consultant for Intermediate Care, leading the Neuro team, developing the stroke pathway, providing multi-disciplinary and discipline specific training, line managing / supervising senior Occupational Therapists and rehabilitation assistants, with a clinical **caseload of primarily neurologically impaired client's**.

### April 2001 – Jan 2008 Royal Hospital for Neuro-Disability – Transitional Living Unit

Band 7 Occupational Therapist for an inpatient **neuro-rehabilitation** unit

This role required Julia to assess and treat **complex stroke and traumatic brain injured** clients, on the final phase of their inpatient rehabilitation, in preparation for them returning to live in the community. This involved the completion of complex risk assessment, both as the treating OT and a member of a multi-disciplinary team. OT goals were set up and handed over to a team of rehabilitation assistants, so detailed documents were required outlining how to facilitate independence in activities of daily living; this type of documentation can be a useful tool when delegating work to support workers and carers, in order to monitor progress and goal attainment.

Julia also assessed client's posture and seating needs, advised on manual and powered wheelchair provision.

She was the Lead Occupational Therapist for one of the weekly neurological upper limb splint clinics, covering all hospital inpatients, with a wide variety of complex presentations



## Jan 2000 – Mar 2001 Royal Free Hospital NHS Trust.

Band 6 – Band 7 Occupational Therapist

**Inpatients:** Acute medicine, surgery, rheumatology, renal, oncology and plastics; upper limb splinting, complex discharge planning, equipment provision and multi-disciplinary working.

**Outpatients:** Rheumatology, neurology and orthopaedic trauma for upper limb splinting, treatment and equipment provision. Also providing a rheumatology service to the Homeopathic Hospital.

## May 1999 – Dec 1999 Travelling abroad

## Mar 1998 - April 1999 Croydon Community Health Trust

Band 6 Occupational Therapist on a community based Primary Care and **Neuro-Rehabilitation Team**

Community centre and home based assessment, treatment & rehabilitation of individuals with a variety of physical and cognitive disabilities inc. **stroke, traumatic brain injuries, multiple sclerosis, motor neurone disease, muscular dystrophy and parkinsons disease**

## Feb 1995 - Feb 1998 Stoke Mandeville Hospital NHS Trust

Band 5 – Band 6 Occupational Therapist

6 months cover on medical, surgical and elderly rehab wards (including **stroke**)  
2 years and 5 months on National **Spinal Injuries Unit** rehabilitating clients of all ages.

Including **hand therapy, splinting**, community liaison & reintegration, assessment for major adaptations & equipment provision, wheelchair assessments, group work, computer technology/environmental controls, posture, seating & tissue viability, multi-disciplinary goal planning, carer training and complex discharge planning.

## Sept 1994 - Feb 1995 Queen Mary's Hospital NHS Trust.

Band 5 Occupational Therapist

Elderly medical / rehabilitation ward; treating **neurological conditions**, orthopaedic, general medical and elderly frail.

## OTHER EXPERIENCE

- Julia has also been a guest lecturer on the Psychology course at Goldsmiths University, New Cross, London.
- Speaker on a course at the Royal Free Hospital – 'Splinting the Rheumatoid hand'
- Provider of a training programme for junior OTs and other disciplines, covering a variety of topics e.g. cognitive rehabilitation, splinting the upper limb, writing SOAP notes, SMART goal setting
- Julia ran a journal club in her role as Clinical Lead OT at Lewisham Community Healthcare NHS Trust

## SERVICES OFFERED by NEUROLINK OT

All aspects of Occupational Therapy intervention with adults but specialising in:

1. Cognitive assessment – both standardised and functional; including memory, attention, perception and executive skills.
2. Neuro-assessment and rehabilitation - home, work (vocational) and community based.
3. Upper limb assessment and management advice; including prescription of off the shelf splints
4. Upper limb thermoplastic splinting for neurological and rheumatoid conditions; including stroke, traumatic brain injury, nerve lesions, multiple sclerosis, parkinsons disease, rheumatoid arthritis, scleroderma, osteoarthritis, repetitive strain injuries and carpal tunnel syndrome (excluding burns / plastic and tendon transfers).
5. Upper limb rehabilitation including Mirror Box Therapy and Constraint Induced Movement Therapy
6. Clinical supervision for Occupational Therapists working both in the NHS and private sector
7. Education and training for client's, their families and carers of people with brain injuries OR those using upper limb splints
8. Occupational Therapy consultancy for organisations offering a service to people with brain injury
9. Assessments for equipment and minor adaptations
10. Teaching and training on aspects of Occupational Therapist and neuro-rehabilitation