



Sally Hastings

Occupational Therapist and Case Manager

Professional Qualifications:

BHSc (Hons) Occupational Therapy, 2:1

Professional Memberships:

HPCP Registration No: OT37500

Member of the Royal College of Occupational Therapists


Active member of the National Back Exchange (Yorkshire group)

Professional Profile

Sally is a highly experienced HCPC-registered Occupational Therapist with over 20 years' experience working across health and social care, supporting adults with complex and long-term needs in community and home environments. Her practice is grounded in a person-centred, practical approach, focusing on enabling people to live as independently and safely as possible while maintaining quality of life for both clients and their families.

Sally brings extensive experience that translates strongly into case management. She has worked alongside multidisciplinary teams, commissioners and care providers to coordinate care, develop and review complex support packages, and ensure that rehabilitation, equipment and environmental adaptations are tailored to each individual's goals and circumstances. She is confident supporting families, managing risk, and contributing to clear, structured recommendations that inform care planning and long-term decision-making.

Her clinical work has included supporting individuals with a wide range of complex injuries and conditions, including acquired brain injury, stroke, spinal cord injury, progressive neurological conditions, dementia, amputations, bariatric-related needs, complex physical disability, cognitive impairment, and palliative and end-of-life care.



Sally has significant experience working with individuals in receipt of NHS Continuing Healthcare funding, including fast-track provision, and understands the importance of collaborative working with families, commissioners and professionals to ensure care remains sustainable, appropriate and centred around the person.

A key strength of Sally's practice is her ability to build strong, trusting relationships. She works in partnership with clients, families and professional networks, using clear and compassionate communication to support shared decision-making and meaningful outcomes. Her approach is always grounded in what matters most to the individual and those supporting them day to day.

She has particular expertise in the provision of specialist equipment, postural management, moving and handling, environmental adaptations and assistive technology, and in supporting carers and professionals to develop the skills and confidence needed to deliver safe and effective care. Her work often involves balancing complex clinical needs, risk management and quality of life considerations to enable people to remain within their own homes and communities wherever possible.

Sally is also an experienced leader and clinician, having supported service development, workforce training and quality improvement initiatives throughout her career. She is committed to collaborative working, reflective practice and continuous improvement, and brings a calm, pragmatic and supportive presence to the teams and families she works alongside.

Clinical Experience

Sally has worked with adults and older people with complex health, rehabilitation and long-term care needs across community, home and residential settings. Her experience includes supporting individuals and families following life-changing illness or injury, and those living with progressive or degenerative conditions requiring coordinated care, rehabilitation and environmental adaptation.

She has supported:

Adults and older adults who have sustained or are living with:

- Acquired brain injury
- Stroke
- Spinal cord injury
- Progressive neurological conditions (including Parkinson's disease and Motor Neurone Disease)
- Dementia and cognitive impairment
- Complex physical disability
- Amputations
- Bariatric-related needs

- Frailty and age-related functional decline
- Palliative and end-of-life care needs

Her work has included supporting individuals with complex moving and handling needs, those requiring specialist equipment and adaptations, and people in receipt of NHS Continuing Healthcare funding, including fast-track provision. Sally has worked closely with families, carers and multidisciplinary teams to coordinate care, promote independence and ensure that support is sustainable and centred around the individual's goals and quality of life.

Professional Work Summary:

- September 2014 – current, Specialist Occupational Therapist in Continuing Healthcare NHS West Yorkshire Integrated care board.
- September 2009 – 2014 - Occupational Therapist Specialist - Community Therapy Team
- September 2006 – August 2009 – Occupational Therapist Specialist – Pinderfields and Pontefract Hospitals Mid Yorkshire NHS Therapy Service
- June 2005 – November 2005 - Locum Senior 2 Occupational Therapist, Huddersfield Royal Infirmary, Calderdale and Huddersfield NHS Foundation Trust
- September 2003 – June 2005 - Basic Grade / Senior 2 Occupational Therapist, Leeds Teaching Hospitals NHS Trust, working across three hospitals

Continued Professional Development including but not limited to:

- November - 2025 Bariatric training course delivered by Jeenie Solutions company – 2 day course
- September - 2025 Coaching Teams for Change, Leeds Integrated Care Board
- March 2025 - West Yorkshire Palliative and End of Life Care Conference, Leeds Palliative care network.
- November 2025 - Pressure care course delivered by Medstrom on the 'Science of surfaces' – 2 day
- September 2025 - Bespoke moving and handling training delivered by Penny Townsend Moving and Handling Consultancy
- September 2025 - National Back Exchange conference 3 days

Contact Details:

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