

Beth Thorpe

Occupational Therapist



Professional Qualifications:

MSc (pre reg) Occupational Therapy, Sheffield Hallam University, 2008

BA (Hons) Sociology, University of Liverpool, 2005

Professional Memberships:

Royal College of Occupational Therapists

Health and Care Professionals Council

Personal Profile:

Beth brings over 18 years' clinical experience working as a senior Occupational Therapist, working both in the NHS and the private setting. Whilst her career has included work with both adults and children with complex needs, for the past 14 years Beth has specialised in working with children and young people. Beth has extensive experience of supporting infants, children and young people with complex developmental, neurological and physical needs. Her wider clinical background spans trauma and orthopaedics, neurorehabilitation, stroke rehabilitation, oncology, respiratory, infectious disease, acute mental health and community learning disabilities, providing her with a strong clinical foundation and a holistic understanding of rehabilitation throughout all ages and stages of life.

From this rich clinical experience, Beth has developed skills in the assessment and treatment of many neurological and developmental conditions. Her vast clinical experience includes working with neurodevelopmental conditions, acquired and traumatic brain injury, cerebral palsy, genetic conditions, developmental delays, co-ordination difficulties, handwriting difficulties, visual perception difficulties and sensory processing differences. Beth has a special interest in neuromuscular conditions, working as a regional specialist Occupational Therapist within one of the UK's neuromuscular centres. Her experience has expanded her knowledge of managing

significant muscle weakness and complex postures, focusing on strengths and maximising quality of life.

She is highly skilled in undertaking comprehensive, play-based, functional assessments to identify strengths, barriers and therapeutic goals. She is experienced in using standardised assessments and outcomes measures to monitor change and progress. She is able to draw on a range of Occupational Therapy models and approaches to steer her practice and is committed to developing and providing truly holistic, person centred care.

Working together with the children, young and their families she aims to develop personalised, engaging and creative rehabilitation programmes that support children to maximise their potential. Beth has significant experience in the assessment and provision of specialist postural equipment for sitting, sleeping and bathing, and environmental controls/housing adaptations to promote access and independence. She has enriched her understanding and skills in working with multiple agencies and engages in multi-disciplinary team working to problem solve, plan and co-ordinate treatment. She writes detailed reports and contributes to Education, Health and Care Plans to ensure the needs of the child or young person are met and that therapy advice and programmes are embedded into daily routines.

She is confident in delivering training and guidance to families, support workers and education staff, ensuring that therapy advice is delivered effectively and that the physical, functional and sensory needs of the child or young person is met. Acting as a regional specialist, Beth frequently delivers education sessions to school staff on neuromuscular conditions and advocates for the reasonable adjustments that are needed to promote independence, inclusion and participation. Beth is experienced in delivering training to therapy colleagues around the region on the management of neuromuscular conditions. She has presented at national conferences and has experience of being a guest lecturer for Occupational Therapy students. Beth is dedicated to ensuring that best practice is promoted and that treatment approaches are evidence based.

Beth is known for her calm, approachable, warm manner and her ability to build strong therapeutic relationships with children, young people and their families. She is a dedicated, reliable and highly motivated practitioner with excellent analytical, clinical reasoning and problem-solving skills. She is wholeheartedly committed to delivering the best care possible for the those she works with.

Professional Work Summary:

- Current - Associate Occupational Therapist at Positive OT & Case Management
- 2024 - current, Neuromuscular Occupational Therapist & Care Advisor, Sheffield Children's NHS Foundation Trust

- 2012 - 2024, Senior Children's Occupational Therapist, South West Yorkshire NHS Foundation Trust
- 2009 – 2012, rotational Occupational Therapist, South West Yorkshire NHS Foundation Trust
- 2008 – 2009, rotational Occupational Therapist, Oxford University NHS Foundation Trust

Continued Professional Development including but not limited to:

- MDUK Allied Health Professionals Conference (2025)
- Zolgensma Forum, Novartis (2025)
- Assistive Technology and Duchenne Muscular Dystrophy workshop (2025)
- Muscular Dystrophy UK Care Advisors Conference (2025)
- Basic Hand Splinting workshop, The Rehab Team: individual therapy solutions (2024)
- The Evidence- based Treatment for Children with Cerebral Palsy, Pauline Christmas, Consultant Physiotherapist (2023)
- Assessment and treatment approaches for people of all ages with Developmental Coordination Disorder (DCD), Dyspraxia UK (2022)
- Management of Children Following Brain Injury - seminar, Ryegate Centre, Sheffield Children's Hospital
- Mental Capacity Act training
- The Treatment and Management of Cerebral Palsy
- 24 hour Postural Care – lying and sitting positions
- Sensory Strategies for Children with Sensory Processing Disorder
- Neuroplasticity and Function, RCOT Specialist Section in Neurological Practice

Contact Details:

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