



# Rebecca Parr

Associate Occupational Therapist

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## Professional Qualifications:

MSc Occupational Therapy (2015)

HCPC Registered (OT71207)

## Professional Memberships:

RCOT (BT0811999)

Member of the National Back Exchange (working towards Advanced Membership)

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## Personal Profile:

Rebecca is a Senior Occupational Therapist and Independent Occupational Therapist with 11 years' experience delivering functional assessment, rehabilitation, risk management and support planning across local authority, brain injury and independent case management services.

Rebecca specialises in complex community occupational therapy involving moving and handling, equipment provision, postural management, environmental adaptation and implementation of sustainable systems of care for people with neurological conditions, cognitive impairment, frailty and orthopaedic trauma. Rebecca regularly works in situations involving high falls risk, complex family dynamics, refusal of equipment, fluctuating capacity, unsafe care practices, and breakdown of informal or formal support arrangements.

Rebecca is experienced in assessing how cognition, behaviour, physical ability, environment and support systems interact to affect safety, participation and independence within the community, and in providing clear recommendations regarding rehabilitation, adaptations, care provision, risk management, equipment and housing needs

## Key competencies

### **Clinical Skills:**

- Complex functional assessment within community settings
- Neurological rehabilitation and complex disability management
- Moving and handling assessment and implementation
- Postural management and seating considerations
- Equipment provision and environmental adaptation
- Major adaptations and housing suitability assessment
- Independent living assessment and transitional rehabilitation
- Systems of care implementation, rehabilitation planning and support coordination
- Positive risk management and complex decision-making
- Falls management in neurological and cognitive impairment
- Care package design and review
- Mental capacity, insight and executive functioning considerations
- Safeguarding within complex community settings

### **Professional Skills:**

- Multidisciplinary team working within rehabilitation and case management pathways
- Stakeholder engagement and multidisciplinary relationship management
- Complex clinical reasoning and reflective practice
- Community-based rehabilitation planning and problem solving
- Translating MDT goals into sustainable day-to-day practice
- Working collaboratively with families, support teams and care providers
- Flexible and responsive working within complex community environments
- Clinical documentation and defensible report writing
- Time management and prioritisation across statutory and independent practice
- IT systems, electronic documentation and remote working platforms
- Governance awareness and risk management within community rehabilitation
- Full UK driving licence

### **Professional Work Summary:**

- **May 2026 - Present**  
Independent Occupational Therapist- Positive OT & Case Management
- **June 2025 - Present**  
Independent Occupational Therapist- Movewell Occupational Therapy
- **April 2021 - Present**  
Associate Occupational Therapist – Potential Occupational Therapy
- **December 2020 - Present**

## Associate Occupational Therapist – The OT Practice

- **August 2017 - Present**  
Senior Occupational Therapist – Leeds City Council (Disabilities Service Team)
- **August 2016 - August 2017**  
Occupational Therapist – Leeds and York Partnership Foundation Trust (Becklin Centre)
- **August 2015 - August 2016**  
Occupational Therapist – The Brain Injury Rehabilitation Trust (York House)

### **Relevant Continued Professional Development Includes:**

- Moving and Handling Train the Trainer – William Merritt Centre (June 2025)
- National Back Exchange learning events and webinars (ongoing)
- Neurological rehabilitation related CPD and self-directed learning (ongoing)
- Mental Capacity Act and Best Interests related CPD (ongoing)
- Safeguarding adults within community practice (ongoing)
- Falls prevention and risk management within community settings (ongoing)
- Postural management and seating related self-directed learning (ongoing)
- Major adaptations and housing related practice development (ongoing)

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## Contact Details:

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