



we are
The OT Centre

for UK wide
Occupational Therapy and
Sensory Integration



Sara Griffith

Curriculum Vitae



Sara Griffith

Private Occupational Therapist

BSc Occupational Therapy

HCPC OT80001 | RCOT BT00867442

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Specialist Occupational Therapy services for children for Medico-Legal cases, Private Clients and families, Schools & Colleges, Local Authorities, Statutory Services, Businesses, Charities and Housing Associations.

With over seven years working with individuals diagnosed with ASD and Learning Difficulties, Sara is a determined OT, demonstrating an effective understanding of complex clinical needs, challenging behaviours, acute mental health and individuals presenting with forensic backgrounds. She enjoys working with clinically complex young people and particularly excels within educational settings.

Sara focuses her work around person centred interventions, integrating both long and short term goals in different settings. She is proficient in creating individualised plans which enable progress towards goals and increased independence in the young people she works with.

Sara is always keen to work closely with both children and their families to ensure a holistic approach to therapy. Her aim is to improve the quality of life of the young person and those around them. At the centre of Sara's approach is the development of empowerment, building of supportive relationships and enablement of coping skills. As well as implementing different equipment and minor adaptations, Sara enjoys employing less traditional methods such as hippotherapy or dog therapy, depending on the needs of her clients. This creative approach demonstrates her commitment to highly tailored intervention.

Sara has experience working with both traumatic and acquired brain injury, anoxic or hypoxic brain injury such as cerebral palsy and progressive neurological conditions, including provision of suitable equipment and adaptations and seating. Sara is able to manage complex situations involving safeguarding issues and complete risk assessments to ensure risk management and effective planning interventions are in place. She is confident and competent to work autonomously but also thrives as part of an MDT and enjoys working with other professionals towards common goals for their clients.

Sara has extensive experience, prior to training as an OT, supporting young people with homelessness and addiction issues which is testament to her caring nature and dedication to helping people.

Sara has a keen interest in professional development and has completed training in sensory integration, BSL, restraint, anaphylaxis and deaf awareness. She is always looking to further her own education and her passion to expand her knowledge shines through in her OT work.

Sara enjoys presenting at conferences and has previously carried out training and education programmes for support staff, sharing her knowledge and demonstrating excellent communication skills. She is passionate about her work with young people with highly complex needs. Her peers would describe her as a respected and valued member of the team who has a strong professional identity, consistently engaging in work of a high quality. Further testament to Sara's caring nature, she regularly volunteers at numerous charities including refugee charities and Women's Aid.



The Right Clinician

Specialist skills for a Client's specific needs



The Right Provider

Est 2010 for high quality OT & SI Services



The Right Approach

Clinical Excellence before Profit

Expertise You Can Trust

Primary Specialisms

Learning Difficulties OT, Mental Health & Neurodivergence OT, Paediatrics OT

Skills & Interventions

Aids & Equipment, Anxiety Management, Assistive Technologies, Capacity Assessments, Challenging Behaviours Management & Support, Cognitive Rehabilitation, Fatigue Management, Functional Skills Training: Independent Living Skills (ILS), Activities of Daily (ADL) Living, Community Access, Housing Adaptations: Minor, Manual Handling, Mobility, Neurorehabilitation, Orthopaedic Injuries, Physical Rehabilitation, Postural Management, Sensory Assessment/Intervention, Sensory Assessment/Intervention [0]: actively pursuing an ASI Wise Certificate in SI, Sleep Hygiene, SMART Goal Setting & Reporting, Special Educational Needs (SEN): EHCP (Education Health & Care Plan), Individual Education Plan (IEP), Additional Learning Needs (ALN), Individual Development Plan (IDP), Coordinated Support Plan (CSP), Individualised Educational Programme (IEP), Specialist Seating, Training, Vocational support: Return to Work or Education, Wheelchair Assessments

Special Interests

Challenging Behaviours Management & Support, Cognitive Rehabilitation

Conditions Supported

Developmental

Attention Deficit Hyperactivity Disorder ADHD, Autism/Autistic Spectrum Disorder ASD, Down Syndrome, Dyspraxia, Global Developmental Delay GDD, Learning Disability, Profound Multiple Learning Disabilities PMLD

Neurological

Acquired Brain Injury (Cerebral Palsy CP), Acquired Brain Injury (Stroke, Concussion, Aneurysm, Substance Use/Drug/Alcohol, Hypoxic or Anoxic Brain Injury, Tumour, Brain haemorrhage, Encephalitis), Traumatic Brain Injury

Physiological

Catastrophic Injury, Orthopaedic Injury, Fractures, Visual Impairment

Psychological

Anxiety Disorders incl Agoraphobia, Panic, Separation Anxiety, Social Anxiety, Depression

Sensory

Sensory Processing Disorder SPD, Sensory Modulation Disorder SMD, Sensory-Based Motor Disorder SBMD, Sensory Discrimination Disorder

Service Sectors

Case Managers & Medicolegal, Private Clients, Individuals & Families, Schools & Colleges, Housing Associations, Local Authorities/Statutory Services, Businesses & Charities

Testimonial for Sara

"Sara is an excellent OT who works with a couple of my clients, covering both adults and children. She is calm, collected and very organised; she fills me with complete reassurance, which is echoed by the families she works with."

Jenny Robbins

Case Manager, JR Clinical Training and Case Management

Education & Professional Qualifications

University of West of England

BSc Hons Occupational Therapy 2:2 2019

Employment History

February 2023 - Today Occupational Therapist, The OT Centre

January 2020 - July 2022 Band 6 Occupational Therapist @ Beechwood College, Sully College, South Wales

- Early Intervention of stroke clients within hyperacute stroke unit
 - Early mobilisation, postural management and seating
- Cognitive screens and functional assessment of physical and cognitive abilities
 - Equipment provision
 - Discharge planning

April 2022 - Present Support Worker @ Llamau

Providing support to young people (18-22 year olds) to prevent homelessness. Supporting mental health, housing and independence skills.

April 2018 - September 2022 Project Worker and Support Worker @ POBL Ltd

Working in a range of different settings which included a 16-18 year old hostel, homeless shelters, prison leavers projects and drug and alcohol misuse project. Working with vulnerable individuals to overcome addiction, homelessness, declining mental and physical health issues.

The OT Centre

Established 2010

Private Occupational Therapy and Sensory Integration Services
for Individuals, Case Managers, Solicitors, Schools & Colleges, Businesses & The Public Sector



Expertise

Occupational Therapists vetted by our Clinical Director as specialists in their field.



Experience

Working with Case Managers, Solicitors and the Client MDT since 2010



Ethos

Remaining a family owned, family run practice putting clinical services, quality and integrity before profit.



Availability

Direct access to your T via Mobile Phone and online Call-Back Booking Service.

Secure Online Access to all aspects of our work, including Professional Reports, SMARTAAR Goal Plans, Goal-Scored Client Sessions and Client Appointment Schedules.



Clarity

Fully Costed Proposals for fixed periods of SMARTAAR goal-driven outcome focused therapy.

Quantifiable clinically justifiable interventions through Session by Session scored Outcome Reports and End-Term Treatment Review Reports.



Consistency

Best use of tools and technologies to provide a first-class service for our clients and our customers.

Custom built Apps make it easy for your OT to manage your client case, documentation, goal plans and reports, providing a clear framework for their clinical work.