



we are

The OT Centre

for UK wide
Occupational Therapy and
Sensory Integration



Ilythia Harte

Curriculum Vitae



Ilythia Harte

Private Occupational Therapist

BSc Hons Occupational Therapy

HCPC OT72154 | RCOT BT0253980

[Make a Referral](#)

Ilythia is an experienced Occupational Therapist with over a decade of NHS experience supporting children, young people and adults across physical health, learning disabilities and neurodevelopmental services. Her practice is grounded in a strong understanding of how sensory, cognitive, emotional and environmental factors shape daily functioning, participation and wellbeing.

She specialises in neurodevelopmental assessment and intervention, with experience completing autism assessments including ADOS-2 and ADHD assessments for children and young people. She brings highly developed observational skills to support accurate formulation and diagnosis. She also regularly contributes detailed information to EHCP applications, outlining functional abilities, sensory needs and the support required for children to thrive in education.

Ilythia has extensive experience supporting both children and adults with learning disabilities, behaviours that challenge and complex physical or mental health needs. She is skilled in Positive Behaviour Support (PBS) approaches and develops practical, person-centred strategies that enhance independence, reduce barriers and promote meaningful engagement in daily life.

Her experience across a variety of acute and specialist hospital services, coupled with a background in personal training, has strengthened her understanding of a wide range of physical health conditions and their impact on daily living. She has worked within clinical areas such as acute medicine, frailty, respiratory medicine, oncology, haematology, palliative care, renal medicine and specialist surgical services. This has enabled her to develop a strong foundation in managing complex physical health needs alongside functional and psychosocial considerations.

Ilythia's Occupational Therapy practice includes comprehensive functional, behavioural, sensory, cognitive, environmental and risk assessments, enabling her to develop tailored interventions and recommendations related to functional rehabilitation, environmental adaptation and equipment provision, independent living skills, behavioural support strategies, emotional regulation, sensory-based approaches, motor planning, executive functioning, energy conservation and community participation.

Collaboration underpins her practice. She works closely with families, education providers and multidisciplinary teams, and has experience using approaches such as Intensive Interaction and Makaton to support connection, understanding and engagement. She is passionate about early intervention and is committed to helping children and families build strong foundations, particularly in the context of ADHD and autism, recognising how this early support shapes lifelong outcomes.

Compassionate, thoughtful and person-centred, Ilythia strives to help individuals understand their strengths, build confidence and participate fully in the activities that matter most to them. Her goal is always to support meaningful, sustainable outcomes for the children, families and communities she works with.



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, Vocational Rehabilitation OT

Skills & Interventions

Aids & Equipment, Anxiety Management, Assistive Technologies, Capacity Assessments, Challenging Behaviours Management & Support, Fatigue Management, Functional Skills Training: Independent Living Skills (ILS), Activities of Daily Living (ADL), Community Access, Housing Adaptations: Minor, Housing Assessment, Manual Handling, Mental Health, Mobility, Motor Skills - Fine or Gross, Physical Rehabilitation, Postural Management, Sensory Processing, Sleep Hygiene, SMART Goal Setting & Reporting, Social Difficulties, Social, Emotional & Mental Health, Spasticity Management, 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, Work-Site Assessments

Special Interests

Challenging Behaviours Management & Support, Sensory Processing, Vocational support: Return to Work or Education, Work-Site Assessments

Conditions Supported

Developmental

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

Neurological

Acquired Brain Injury (Cerebral Palsy CP)

Physiological

Orthopaedic Injury, Fractures

Sensory

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

Other

Elderly

Service Sectors

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

Testimonial for Ilythia

"Ilythia is a caring and professional Occupational Therapist who consistently provides thoughtful, person-centred care. She builds strong rapport with clients and works effectively within multidisciplinary teams. She is reflective in her practice and committed to delivering high-quality, meaningful outcomes for the people she supports."

Georgina Clark
Occupational Therapist Team Lead
NHS Oxford University Hospitals

Education & Professional Qualifications

Oxford Brookes University
Bsc(Hons) Occupational Therapy, 2015

ASD Directions
ADOS-2, 2025

Sensory Integration Network
Working with Autism Spectrum Disorders and Is it Sensory or is it Behaviour?, 2018

Premier Training Ltd
Advanced Diploma in Personal Training, 2009

Employment History

2026 - Today Occupational Therapist
The OT Centre

May 2025 - July 2026, Senior Mental Health Practitioner @ CAMHS Neurodevelopmental Conditions Services, Oxford Health NHS Foundation Trust

- Undertaking gold standard Autism assessments for children, using ADOS-2 and ADOS informed observations.
- ADHD assessments, including undertaking QB assessments to support ADHD assessments and medical reviews.
- Key worker for complex caseload of young people with neurodiversity that is having an impact on their mental health and well-being.
- Providing detailed information to support with the EHCP process.
- Working closely with schools, alternative provision settings, families and the wider professional network to advocate for the needs of the young person.
- Providing support and guidance to parents and carers to enhance knowledge and understanding around their children's neurodiversity and mental health to create person centred and holistic intervention and recommendations.

January 2022 - May 2025 Rotational Senior Occupational Therapist @ John Radcliffe Hospital and Churchill Hospital

Rotation areas included Acute General Medicine (Frailty), Respiratory Medicine, Infectious Diseases, Oncology and Haematology, renal medicine and specialist surgical and transplant wards.

- Supporting adults with frailty who have been admitted to hospital with acute illness.
- Working with patients with breathlessness and helping their understanding of energy conservation.
- Working alongside colleagues within the palliative care service.
- Completing functional and mobility assessments.
- Delivering physical rehabilitation to promote independence in order to facilitate a safe and appropriate discharge from hospital.
- Supporting with complex discharge planning with the wider MDT.
- Completing cognitive assessments.
- Assessing for and ordering equipment to support with a person's discharge from hospital

May 2017 - January 2022 Senior Occupational Therapist @ LD Intensive Support Team, Oxford Health NHS Foundations Trust

Working with children and adults with learning disabilities who are displaying behaviours that are perceived as challenging to those around them. Completing functional assessments of behaviour to develop sound understanding of what someone may be trying to communicate through their behaviour.

- Developing appropriate support plans with the aim of preventing admission to a mental health hospital, or placement breakdown.
- Detailed data analysis, including good use of Excel.
- Developing formulations to understand the function of a person's behaviour and producing detailed reports to share this with the wider support network.
- Creating and implementing Positive Behaviour Support Plans.
- Case Management and CPA Co-ordination.
- Working closely with colleagues in CAMHS services, Adult Community LD Teams, Social Services, Mental Health hospitals and supported living services.
- Providing detailed information to support with EHCP process..
- Undertaking sensory assessments and writing detailed reports and recommendations.
- Use of a variety of communication strategies, such as makaton, intensive interaction and talking mats, depending on individual need and communication level.
- High level of observational skills.
- Creating visual resources
- Supporting with the development and implementation of transition plans for individuals moving out of home, moving house / supported living and leaving hospital.
-

September 2015 - May 2017 Occupational Therapist @ Oxfordshire Adult Community Learning Disability Team, Oxford Health NHS Foundation Trust

Supporting adults with learning disabilities across a wide range of needs, from very mild to highly complex. Developing person centered support plans and interventions to build individual functional skills and promote independence, whilst ensuring those with the more complex needs have the appropriate adaptations needed to ensure the best quality of life.

- Completing holistic functional assessments to understand and identify strengths, needs, daily living skills and support needs.
- Completing environmental assessments, identifying equipment needs and supporting safe implementation with families, carers and equipment representatives.
- Providing assessments and interventions to support with the epilepsy pathway
- Completing sensory assessments (including Spiral, sensory profile and SPM)
- Undertaking ABAS assessments.
- Working closely and collaboratively with members of the multidisciplinary team within the Learning Disability service, and the wider professional network.
- Providing CPA and Case co-ordination.
- Contributed to risk assessments and risk management plans for individuals with complex needs.

September 2012 - August 2015 Support Worker for Adults with LD @ Style Acre

Supporting adults with learning disabilities with all aspects of their life, personal care and daily routine.

September 2012 - August 2015 Support Worker for Adults with LD @ Patterson Health Care

Supporting adults with learning disabilities with all aspects of their life, personal care and daily routine.

October 2009 - August 2011 Fitness Instructor @ Chipping Norton Leisure Centre, Nexus Ltd

- Developing personalised exercise programmes to support individuals in achieving their fitness goals. .

- Working alongside the GP exercise referral scheme to create safe, tailored exercise plans for people with recent illness, injury or long term health conditions.
 - Supporting with the day to day running's of the Leisure Centre
-

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.