



**Jude Howlett BA, BSc OT
(CF14)**

Jude is an experienced Occupational Therapist and Case Manager working with individuals to fulfil their potential following traumatic and acquired brain injury.

Since 2012 Jude has worked as an OT within the Community Brain Injury Team that covers Cardiff and the Vale and the Cwm Taff Health Board areas.

This is a highly specialist multi-disciplinary service that works with the individual, their families and carers to achieve their rehabilitation goals. Working in this way has provided Jude with an in-depth knowledge and understanding of the role of the allied therapies that feeds nicely into her Case Management role. As key worker for a portfolio of clients, Jude has experience of managing and coordinating an MDT, but is equally at home working independently. She is an experienced assessor and has delivered interventions 1:1 and in groups. These interventions include hand therapy, fatigue and anxiety management and the utilisation of self-management concepts.

Jude is an excellent communicator and develops positive working relationships with clients, families and professionals. Whilst Jude has a calm, friendly persona, she does not shy away from individuals with challenging behaviour or difficult situations. She is a clear thinker, which is evident in her report writing and record keeping. Used to working with limited resources and to a tight schedule, Jude is able to think on her feet and make sound decisions under pressure.

In addition to her work in the NHS, Jude has worked across south Wales as an independent Occupational Therapist and has access to an extensive network of therapists, medics and services that straddle the private, statutory and voluntary sectors.

Additionally, as Jude has worked as an OT at the Driving Assessment Unit supporting people with a safe return to driving, she has in depth knowledge of this important area of rehabilitation.

Jude has a keen interest and expertise in Vocational Rehabilitation. To complement her years of practice, in 2020 Jude completed a Post Graduate Certificate in VR from Sheffield Hallam University.

Key Skills

- Assessment of adults with Acquired and Traumatic Brain injury
- Client and family support
- Design and implementation of rehabilitation programmes
- Setting and monitoring goals
- Vocational Rehabilitation
- Driving Assessments
- Multi-disciplinary and inter-agency working.

Qualifications/Professional Membership

- Bachelor of Science (Hons), Occupational Therapy
- Post Graduate Certificate in Vocational Rehabilitation (May 2020)
- Member of Royal College of Occupational Therapy
- Member of the Health and Care Professions Council (HCPC)
- Member of the British Association of Brain Injury Case Managers (BABICM)
- Committee member for the Royal College of Occupational Therapy SSNP – specialist section for neurological practice