



CLARE GOUGH

CASE MANAGER

Clare is an independent Case Manager with over 30 years of experience as a qualified Physiotherapist. Prior to specialising in Paediatrics, she gained extensive expertise across a range of NHS specialties, including trauma and orthopaedics, stroke, acquired brain injury (ABI), spinal cord injury (SCI), and amputee rehabilitation.

Her paediatric practice has focused on treating children from birth onwards with conditions such as developmental delay, orthopaedic and neurological disorders. Clare has worked within multidisciplinary teams (MDT) spanning Health, Education, Social Services, and voluntary organisations.

A key aspect of her case management practice has been her work in schools for children with additional needs, where she led teams delivering physiotherapy rehabilitation. This involved conducting assessments, developing therapy programmes, formulating goals in collaboration with children and their families, and monitoring progress.

Clare possesses significant expertise in postural management and the provision of assistive equipment. More recently, she has served as a Community Occupational Therapy Assistant and as Team Lead for a young man with cerebral palsy, further developing her skills in care and people management.

She enjoys working collaboratively and has supported children and young people involved in litigation, recognising the importance of clear communication with families, legal representatives, and MDT members. Clare approaches her work with sensitivity, conscientiousness, and enthusiasm, balanced by a practical, goal-oriented mindset. She excels at building positive relationships with both families and professionals, remaining calm and measured in potentially emotive situations.

Having worked in South Wales for many years, Clare has extensive knowledge of local services and professional networks that she can draw upon.

KEY SKILLS

- Paediatric specialist
- Building a rapport with families
- Liaison with social services and education
- Postural management and assistive equipment
- Multi-disciplinary and inter-agency working.
- Excellent communication skills.
- Ability to have difficult conversations
- Assessment, rehabilitation planning and goal setting

QUALIFICATIONS & PROFESSIONAL MEMBERSHIPS

- Graduate Diploma in Physiotherapy
- Member of Chartered Society of Physiotherapy
- HCPC registered
- Member of BABICM