

JANET McCLEAN Dip OT Case Manager

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INTEGRITY • COMPASSION • PROFESSIONALISM • COLLABORATION • QUALITY • SUSTAINABILITY

SPECIALISMS:

- Litigation Trained
- Brain Injury
- Complex Conditions
- Psychological Conditions
- Managing Carers
- Setting up & Managing Multidisciplinary Rehabilitation Teams

JANET SAYS:

"When an organisation and its people share the same values, it creates a conducive and supportive work environment that fosters success and satisfaction. Teamwork is key in achieving goals and delivering high-quality services; people working together, pooling skills and knowledge, will overcome challenges more effectively and generate innovative solutions. Collaborative efforts also foster a sense of camaraderie and support, enhancing job satisfaction and overall efficacy."

BIOGRAPHY

Janet is an HCPC Registered Occupational Therapist and highly skilled clinician with extensive experience in the field of rehabilitation. She has worked with individuals in both inpatient and community settings, assisting those with physical, cognitive, and mental health challenges. Her goal is to minimise areas of occupational dysfunction and maximise an individual's ability to function effectively in day to day life.

Currently, Janet works as a case manager and her primary focus is working with adults who have experienced acquired brain injury and/or mental health difficulties. In this role, she is active in setting up and managing personalised community rehabilitation programmes for clients.

Janet's approach involves identifying the life roles and occupations that are important to an individual that may have been disrupted due to trauma or injury. She collaborates closely with the client, their family members, therapists, medics and caregivers to develop plans, strategies, and appropriate goals for focused rehabilitation.

In addition to her role as a case manager and rehabilitation specialist, Janet also has her own independent practice as an occupational life coach. Her approach to coaching is grounded in ACT (a mindfulness based behavioural therapy) and motivational interviewing techniques, to empower and support individuals develop the skills and knowledge base to successfully engage in the occupations, and life roles they value.



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Motivating clients and promoting occupational balance are key aspects of Janet's approach. She works closely with each client and family, offering support and guidance to facilitate positive change in their situation. Janet encourages a focus on long term wellbeing and helps clients regain a sense of control and life balance. By adopting practical strategies, she aims to help clients overcome barriers, develop resilience, and achieve their goals.

Janet brings professionalism and leadership plus empathy and a sense of humour to her work. She recognises the importance of building effective working relationships and a strong rapport with clients, family members, carers, and the other professionals involved in this capacity.