



Melanie Akas

OT Case Manager

PROFESSIONAL QUALIFICATIONS

- BSc (Hons) in Occupational Therapy
- APM Project Fundamentals Qualification

CURRENT MEMBERSHIPS

- Health and Care Professions Council (HCPC)

GEOGRAPHICAL COVER

- London & surrounding areas



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SNAP SHOT

Melanie is a dedicated Occupational Therapist with broad experience across mental health, physical health, and paediatrics. She has worked in the NHS, private healthcare, and social services, delivering high-quality care to a wide range of service users. Her expertise includes elderly care rehabilitation, cardiac health management, home safety assessments for children, physical health rehabilitation, and community mental health, enabling her to provide tailored interventions that meet individual needs. Demonstrating a strong commitment to client-centred care and multidisciplinary collaboration, Melanie has managed care packages and conducted social care reviews. She was also honoured with a leadership award for her contributions in project management. Her diverse experience positions her to excel in case management, ensuring the best outcomes for her clients.

SPECIALIST AREAS

- Adults and adolescents.
- Home safety assessments and risk evaluations for children.
- Elderly care rehabilitation.
- Cardiac health management.
- Mental health interventions and medication compliance.
- Care package development and management.
- Collaborative multidisciplinary care.
- Social care review and accommodation support.



EXPERIENCE

Melanie began her professional journey as an Occupational Therapist in an Elderly Care Ward and a Cardiac Ward, where she provided assessments for patients experiencing various conditions. In the elderly care setting, she commonly encountered conditions such as falls, Parkinson's disease, stroke, and dementia. In the cardiac setting, she worked with clients suffering from conditions including heart failure, angina, myocardial infarction (heart attack), and chronic obstructive pulmonary disease (COPD). Her primary focus was to facilitate safe discharges and ensure optimal community support, which involved completing Discharge to Assess (D2A) forms and setting follow-up occupational therapy goals for enhanced continuity of care.

In her next role within a Home Treatment Team, Melanie worked as a Band 5 Occupational Therapist, assessing clients' mental states, risks, and medication compliance in their homes, managing an average caseload of 3 to 4 clients daily. This involved carrying out specialist occupational therapy assessments and developing goal-oriented treatment plans, utilising tools such as the Montreal Cognitive Assessment (MoCA) and the Model of Human Occupation Screening Tool (MOHOST). Melanie collaborated with clients to formulate recovery-based goals and crisis management plans while participating in shift coordination for a larger client group.

Expanding her expertise further, Melanie joined a Mental Health Care and Support Team as a Senior Occupational Therapist. She managed a complex caseload of clients with a range of mental health conditions, including schizophrenia, bipolar disorder, anxiety, and depression. Her role included conducting comprehensive occupational therapy assessments, facilitating social care reviews under relevant legislation, and providing minor adaptations and assistive equipment to improve daily functioning. She also engaged in safeguarding inquiries and participated in a rostered social care duty role to address immediate client needs.

Melanie then worked in a physical health reablement team, where she conducted occupational therapy assessments related to daily living activities and moving and handling for clients with various physical health complications, such as neurological conditions, amputations, and chronic pain. Her responsibilities included performing medical reconciliations and health checks during community visits and discerning and completing onward referrals to appropriate teams, such as nursing and pharmacy.

Following her time in physical health, Melanie managed a complex caseload of clients with primary mental health conditions, completing initial and functional occupational therapy assessments, supporting social care reviews for clients transitioning from low to medium-supported accommodation, and providing necessary adaptations and telecare equipment. She also took on a supervisory role, guiding junior social care staff and supporting safeguarding cases.

Currently, Melanie serves as a Community Paediatric Occupational Therapist, focusing on children and young people aged 0-18 with complex neurological and developmental conditions. She has worked with clients presenting with conditions such as cerebral palsy, spinal-related issues, and other complex neurological disorders. In this role, she manages a diverse caseload aimed at improving daily functioning at home through collaboration with education, housing, and healthcare professionals to ensure comprehensive support for families. She coordinates minor and major home adaptations and conducts specialised assessments, including seating and home safety evaluations.

Additionally, Melanie operates as an Independent Occupational Therapist, completing Blue Badge, Freedom Pass, and Taxi Card assessments, alongside screening assessments and clinic days for contracted local authorities.

Throughout her varied career, Melanie has demonstrated a strong commitment to client-centred care, continuously adapting her skills to meet the needs of individuals with a broad spectrum of conditions. This diverse experience across mental health, physical health, and paediatric settings has equipped her with a comprehensive understanding of occupational therapy, allowing her to combine skills and perspectives to provide holistic and effective interventions. Melanie's ability to integrate knowledge from these different areas enhances her capability to deliver tailored support, empowering clients to achieve their goals and improve their quality of life.