



Helen Bowers

Speech and Language Therapist Case Manager

Specialisms:

- Spinal cord injury
- Neurology
- Stroke
- Head and Neck Cancer
- Traumatic/Hypoxic Brain Injury
- Communication impairments
- Eating and drinking difficulties (dysphagia)
- Tracheostomy and Laryngectomy
- Critical Care and Respiratory
- Long term ventilated patients

Contact

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Case Studies:

"Helen has successfully supported a client to transition into supported accommodation by providing tailored guidance, strategic planning, and ongoing emotional and practical support. She worked closely with the client to identify their unique needs and goals, coordinated with multidisciplinary teams, and ensured a smooth, person-centred transition."

"Helen accompanied and supported one of her clients in attending Headway for his assessment to facilitate a smooth transition into the program and ensure full engagement. She worked closely with the client to reduce anxiety, build confidence, and remove barriers to participation. By providing in-person support and liaising with Headway staff, she helped tailor the environment and communication style to meet his specific needs."

Bibliography:

Helen is a Highly Specialist Speech and Language Therapist and case manager with nearly 20 years of clinical experience, predominantly working with adults across both acute hospital and community healthcare settings. Throughout her career, she has worked with a diverse caseload, specialising in the assessment and management of communication disorders, dysphagia (swallowing difficulties), and patients with altered or artificial airways, including tracheostomies.

Her extensive clinical background has equipped her with advanced skills in prioritisation and multitasking, essential in her case management work. Helen is particularly adept at managing complex cases, often involving clients with multiple co-morbidities or those requiring intricate support. She is an excellent communicator, adept at conducting complex assessments and writing reports with clear recommendations. Her long-standing experience has allowed her to cultivate strong leadership and team coordination skills. She leads multidisciplinary team (MDT) discussions, collaborating closely with doctors, nurses, physiotherapists, occupational therapists, dietitians, and psychologists to ensure a cohesive and holistic approach to her client's care. She has a strong passion for education and uses this when working with client's support teams, providing supervision and delivering formal training sessions on various aspects of the client's care needs.

Helen has also developed significant expertise in conducting mental capacity assessments in clients with complex communication difficulties, playing a crucial role in supporting best interest decision-making in line with legal and ethical frameworks.

Within Critical Care and the Acute Setting, Helen has worked closely with patients with highly complex medical needs, including those who are ventilated or require intensive monitoring.

Helen is confident in managing communication and swallowing needs in critically unwell patients and has worked as an integral part of the team supporting early rehabilitation and recovery. Her contributions have helped shape pathways for safer, patient-centred care within high-dependency environments developing personalised rehabilitation strategies for optimal recovery outcomes.

Hobbies and Interests

Helen enjoys the outdoors, going camping and snowboarding.

Testimonials

"I see you go above and beyond for complex cases and use a network of national contacts to support their management, and you are keen to embrace new strategies where appropriate. I know you are dedicated to maintaining and expanding your skills and knowledge. You are a proactive member of our team and have always been a pleasure to work with. Your communications skills are excellent. As a Consultant I appreciate your ability to convey clearly your clinical opinion with myself and colleagues and to be able to discuss and debate pros and cons of various management strategies to help come to the most appropriate clinical decision."

