



Sarah Lacey

Complex Case Manager (OT)

PROFESSIONAL QUALIFICATIONS

- Bsc (Hons) Occupational Therapy
- MSc (Post-Reg) Occupational Therapy
- PG Cert Teaching in Higher Education

CURRENT MEMBERSHIPS

- HCPC
- BAOT

GEOGRAPHICAL COVER

- Midlands



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SNAP SHOT

Sarah has been a Occupational Therapist for 18 years working with a variety of clients. Her experience includes working as a service manager in the community for adults with neurological conditions, including acquired and traumatic brain injuries and spinal injuries. She then went on to work with children with physical disabilities in a specialist education environment.

Sarah is committed to all of her clients achieving their maximum potential and aims to support all their aspirations for the future.

SPECIALIST AREAS

- Adults, adolescents and paediatrics.
- Spinal cord injury.
- Traumatic and Acquired brain injury.
- Long term neurological conditions.
- Complex care needs.
- Values based goal setting
- Functional independence
- Rehabilitation programmes
- Equipment provision and adaptations



EXPERIENCE

Sarah qualified as an Occupational Therapist in 2007, initially working in a community long-term conditions team. This involved supporting adults with a variety of long-term conditions to maintain their independence and to remain in their own homes. This included long-term neurological conditions, arthritis, chronic pulmonary disease, and pain conditions.

She then went on to work with adults with acquired and traumatic brain injuries, spinal cord injuries, and long-term neurological conditions. Her role involved providing physical and cognitive rehabilitation focused on client's goals, as well as providing specialist equipment and moving and handling. She developed and facilitated fatigue management groups, education groups, and cognitive rehabilitation groups, as well as developing newly diagnosed courses for adults with Multiple Sclerosis and Parkinson's Disease. Sarah worked continually within a multidisciplinary team, including complex assessment and formulation to set whole team rehabilitation goals.

In 2013 Sarah became a team leader for occupational therapists working with adults with neurological conditions in inpatient, outpatient, and community environments, and subsequently the service manager for a community neurological rehabilitation team. Sarah acted as a source of expertise providing advanced therapy skills and experience in the supervision and support of other staff, in addition to carrying a caseload of complex adult clients. She developed a special interest in working with adults with rapidly deteriorating neurological conditions who required palliative care.

Sarah has experience of research, working as a clinical specialist in the management of fatigue to contribute to a research project that mapped the fatigue management needs of adults with multiple sclerosis, and then worked to develop a smartphone app for the management of fatigue. Sarah went on to complete her MSc post-registration to develop specialist knowledge for her practice, completing research into the experience of using Lycra orthotics for clients and their carers.

In 2020 Sarah took up a role as an Advanced Occupational Therapist working with children with special educational needs. Working within school environments, and in the community, Sarah provided interventions for postural management, moving and handling, developing independence skills, and rehabilitation programmes to enable children to engage in their education. Sarah has a passion for supporting families and planning for transition to adulthood.

Sarah then moved to work in higher education, teaching core clinical skills, developing simulated practice learning, and providing training in moving and handling to her students. In 2023 Sarah won the university 'Inspirational Teacher' award and 'Outstanding Academic Advisor' award, and in 2024 received the Vice-Chancellor's award for excellence in teaching and student support. She has presented at national conferences about her clinical skills teaching. Sarah began working as an independent Occupational Therapist alongside this role with both children and adults. She continues to provide clinical supervision for occupational therapists working with children with complex needs. Outside of her working life Sarah is a governor at a local school, leading on the governance of special education needs and disabilities.

In 2025 Sarah took up her role within case management. Sarah has clinically up-to-date knowledge for adults with neurological conditions, and for children with physical disabilities. She is an innovative case manager, with strong communication skills both verbally and in report writing. She is flexible and pragmatic, with a proven ability to work with adults and children with the most complex needs. She understands the importance of supporting families and developing working relationships with everyone involved in an adult or child's care. She regularly receives positive feedback about her people skills, including being nominated for and winning an excellent practice award for 'going above and beyond'.

My extensive clinical background, coupled with my experience as a case manager, has equipped me with a unique skill set that aligns well with the demands of this position. I bring a deep understanding of the healthcare system, a commitment to patient advocacy, and a track record of successful case management. My approach is patient-centred, ensuring that the care plans I develop are tailored to the individual needs of each patient, fostering their recovery and well-being.

Moreover, my experience as an expert witness has refined my ability to analyse complex cases and communicate findings effectively, skills that are invaluable in case management.