



Abi Rotchell  
Occupational Therapist  
BSc (Hons) Occupational Therapy (Sheffield Hallam University)

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Special Interest: Mental health rehabilitation, Paediatrics, Learning Disabilities, Sensory Integration.

Base: Sheffield, South Yorkshire

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### **Personal Statement, Experience and Employment:**

Abi Rotchell is a registered Occupational Therapist with the Health and Care Professionals Council and a Royal College of Occupational Therapists (RCOT) member. Since qualifying as a mature student in 2021, Abi has primarily worked in Acute Adult Inpatient Mental Health Services and Mental Health Rehabilitation, applying the Model of Human Occupation (MOHO) to assess service users' occupational needs and provide person-centred treatment and recovery programmes. Using person-focused strategies, she supported patients in managing stress, anxiety, and other psychological symptoms, improving overall emotional well-being through meaningful activities.

Abi has recently gained experience working in physical health as part of the Reablement Team. The team uses a person-centred approach to promote and maximise independence, skills, and well-being in the home environment following discharge from hospital or intermediate care due to illness, health deterioration, or injury.

Abi has worked extensively within several MDT teams. However, as an OT, most recently, Abi has over fifteen years of experience in the early years, special educational needs, and healthcare sectors. During this time, she has completed several qualifications and professional development opportunities.

The skills Abi has developed throughout her career are transferable. She is passionate about working with individuals to remove barriers to participation, instil hope and motivation, and empower them to build skills and resilience in all aspects of their lives. Abi's career has included working in the Early Years Inclusion Team, Inclusion Outreach, Family Support, Special Educational Needs, higher-level teaching Assistant, 1:1 Education Support, Community engagement, and Residential Respite care.

Throughout her career, Abi has worked across the city and South Yorkshire. Her varied roles have included delivering support, learning opportunities, assessments, and treatment in diverse environments. Facilitating SEN and speech and language playgroups explicitly targeted to those children and/or parents with specific learning or physical needs. Abi has worked closely with parents and carers surrounding many issues, including substance misuse, mental health, and parenting support. Abi has vast

experience providing one-to-one inclusion support for children and young people with additional needs, supporting and enabling vulnerable young people and older adults to access new environments, adapting and grading activities and environments, and continually striving to facilitate independence, inclusion and acceptance.

Abi's career so far has enabled her to access a variety of courses, including Makaton and Autism training, contributing to effective communication and gaining a greater understanding of the complexities of Neurodiversity. As an Occupational Therapist, Abi has participated in extensive mental health training, sensory laddering and sensory modulation techniques. Therefore, striving to provide the highest standard of care to the individuals she works with, particularly those with learning disabilities. Abi has good knowledge of moving and handling, particularly hoists, wheelchairs and other adaptive mobility equipment, due to the nature of the individuals she has worked with. Abi has recently gained experience supporting moving and handling plans.

Assessments have underpinned Abi's work in all specialities; however, since qualifying as an Occupational therapist, Abi has a greater depth of knowledge and understanding of the science behind evaluating an individual's needs, abilities, and challenges and, consequently, the impact this has on their daily lives and occupational performance.

Abi is passionate and skilled at supporting clients in working towards their optimum level of functional ability and well-being in all aspects of their lives, considering self-care, productivity, and leisure. Treatment plans are consistently implemented from a person-centred perspective, with the individual's interests, goals, and aspirations pivotal to the process.

Within the first 12 months of her occupational therapy career, Abi collaboratively developed a successful OT service in an acute mental health ward with little to no prior OT input.

Abi gained a 'diamond award' within this service, and nursing staff nominated her for 'going above and beyond, for her care and compassion and ensuring the best opportunities for all patients in her care'.

Though Abi is early in her Occupational Therapy career, her wealth of experience will be an asset. She is keen to continue to learn and develop, working privately with Smart Rehabilitation, and gain further experience in the world of occupational therapy, working within a highly skilled multi-disciplinary team to support client goals.

With Smart Rehabilitation, Abi is part of a therapy team, working closely to provide input to 16-19-year-olds in an educational setting, support their access to education and leisure, promote self-care and independence, and work towards optimum function. This is a role she has been working hard to achieve throughout her career so far.

Abi has excellent communication skills and continually develops her skills and accuracy in records and documentation. She is hoping to work towards case management in the future. Abi would love to specialise in Sensory Integration and is working towards achieving this.

### **Continuous Professional Development (CPD)**

Professional registration requires clinicians to regularly complete mandatory training, including Moving and handling, Safeguarding children and adults, Mental Health First

Aid, Specialised equipment training, Clinical Governance, Equality and Diversity, Mental Capacity, de-escalation and Conflict Resolution. – **Completed January 2025.**

I have regularly completed peer support and supervision within my roles.

**Recent professional development training includes.**

Transgender equality training  
Mindfulness course  
Sleep training – sleep unlimited with Dr David Lee  
OT formulation training  
Sensory laddering  
The OT show  
NRS equipment training  
Personality disorder training  
Trauma-informed training and adverse childhood experiences  
College presentation – Post 16- Promoting Occupational Therapy as a career  
RCOT annual conference

Abi has applied to undertake a master's qualification in Sensory Integration Therapy, to begin in March 2025

**Key areas of expertise:**

Working collaboratively within a multi-disciplinary mental health rehabilitation team and treatment planning, Trauma-informed care, SEN. Working with young people with a PDA profile (Pervasive Drive for Autonomy/Demand avoidance).

**Professional Affiliations:**

Health and Care Professionals Council OT:  
Royal College of Occupational Therapy BT:

**Additional Information**

Full UK clean driving  
CRB/DBS Checked