

Stephanie (Steph) Huddleston**Senior Occupational Therapist**

BSc (Hons) Occupational Therapy (University of Derby)

Special Interests:

Supporting individuals to remain in their own homes, living as independently as possible.

Complex moving and handling and single handed care approaches.

Specialist seating and major adaptations to promote independence and safety.

Trauma-informed practice and holistic wellbeing.

Base: Nottinghamshire

Personal Statement, Experience and Employment:

Steph is a qualified Occupational Therapist, Life Coach, and Level 2 Counselling certified professional, currently working towards certification as a Trauma-Informed Coach. Her career spans acute hospital, community, and forensic settings, providing her with a broad skillset and the ability to adapt to diverse and often challenging environments. She is passionate about enabling individuals to live with dignity, independence, and safety, tailoring interventions to meet their unique needs. Recognised for her clinical expertise, problem-solving skills, and compassionate approach, she is committed to delivering high-quality, person-centred care that improves quality of life and outcomes for those she supports.

Her professional background includes extensive work within the NHS across both acute and community settings. In acute and ward-based roles, she gained experience in general and elderly medicine, covering a wide range of specialisms including diabetes, respiratory, cardiology, gastroenterology, stroke, elderly rehabilitation, endocrinology, palliative and end-of-life care. She also worked within Accident and Emergency (A&E), providing urgent support for patients with complex needs.

In community-based services, she supported adults living in their own homes with both physical and mental health conditions, as well as learning disabilities. This included providing rapid and crisis response interventions to prevent unnecessary hospital admissions and delivering timely palliative and end-of-life care. She developed skills in enabling clients to access adaptations, equipment, and care strategies that promoted safety and independence in their daily lives.

She has also worked in specialist environments, including a medium secure forensic unit, where she supported women with personality disorders in combination with mental health diagnoses, and men with learning disabilities and complex needs. Alongside her clinical practice, she has developed expertise in complex moving and handling, single handed care, specialist seating, and major adaptations. She was invited to present on Single

Handed Care at the Allied Health Professionals Conference, demonstrating her ability to share specialist knowledge and contribute to professional development within the field.

Continuous Professional Development (CPD):

A requirement of professional registration is undertaking and recording (CPD). Examples include courses in;

- Occupational Therapy: HCPC-registered, with experience across multiple specialisms.
- Life Coaching Qualification: Supporting individuals to set and achieve meaningful goals.
- Level 2 Counselling Certification: Enhancing communication, active listening, and client support.
- Trauma-Informed Coaching (in progress): Expanding expertise in supporting individuals with lived experience of trauma.
- Ongoing participation in reflective practice, specialist training, and professional workshops to ensure evidence-based and up-to-date practice.

Key areas of expertise:

- Complex moving and handling & single handed care.
- Specialist seating and postural management.
- Major home adaptations to promote independent living.
- Provision of equipment.
- Palliative and end-of-life care.
- Strengths-based, person-centred and trauma-informed approaches.
- Professional training delivery and conference presentations.
- Building therapeutic relationships to enhance outcomes.

Professional Affiliations:

- Health and Care Professions Council (HCPC) Registered Occupational Therapist.
- Royal College of Occupational Therapists (RCOT)

Additional Information

- Full UK clean driving Licence
- CRB/DBS Checked