



RACHEL TAYLOR

Occupational Therapist &
Moving and Handling Practitioner



Profile

A committed and driven Occupational Therapist with clinical expertise in adaptations, equipment provision, moving and handling and rehabilitation, developed within an NHS, local authority teams and private practice. Within these roles I have worked with paediatric, adult, and older adult individuals with a wide variety of physical disabilities and long-term conditions.

I am a reliable, responsible, and hardworking individual. As an enthusiastic forward-thinking team player, I thrive on sharing my experiences and learning new skills from my colleagues to continue my professional development to be the most effective practitioner I can be.

Key Qualifications

- **Moving and Handling Level 3 – 'Train the Trainer'**
- **Makaton Level 1-4**
- **BSc (Hons) Occupational Therapy – 1st Class (University of Derby) 2013**
- **DipHE Health Studies (University of Lincoln) 2009**
- **BTEC Level 2 Introduction to Counselling Skills (Newark & Sherwood College) 2008**
- **As Level Sociology (Newark & Sherwood College) 2005**
- **A-Level Biology, Psychology, Maths, General studies (The Grove School) 2002**
- **10 GCSE's (The Grove School)**



Key Achievements

- Sensory Integration Practitioner (due for completion January 2026)
- Complex Moving and Handling Risk Assessment
- Medico-legal Arena Working
- Wheelchair Accessible Vehicle (WAV) Assessments
- Major Housing Adaptations (including DFG process)
- Specialist Equipment provision
- Postural Seating and Wheelchair Assessment
- Clinical Report Writing and Presentation Skills



Professional Memberships

- HCPC Registration
- Royal College of Occupational Therapist (RCOT) Membership including SS Independent Practice
- National Back Exchange Membership
- Registered with DBS Update Service





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www.supportiveaction.com



Lincoln



Work Experience

Sept
2025

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Present

Occupational Therapist & Moving and Handling Practitioner

SupportiveAction Ltd

In my role as an Occupational Therapist and Moving & Handling Practitioner, I carry out thorough assessments and develop tailored treatment plans for adults and children with a range of functional, motor, and sensory needs. I have experience working with clients recovering from complex physical injuries, brain injuries, and neurological conditions.

My work includes coordinating property adaptations with architects, identifying and implementing specialist equipment, and creating detailed moving-and-handling plans with robust risk management. I also analyse daily living activities to support independence, provide training to care teams, and deliver focused hand therapy and functional rehabilitation. I am currently expanding my practice through ongoing study in Sensory Integration.

May
2023

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Present

Independent Practice Occupational Therapist

- Identify care and support needs, promoting a goal-focused, strengths-based approach, identifying, achievable outcomes and opportunities for independence.
- Developing person centred care and support plans to promote independence and continued rehabilitation engagement.
- Comprehensive written reports with bespoke clinical justification for the medico-legal arena.
- Review and assess needs for appropriate provision of equipment to facilitate and support functional independence and community engagement.
- Maintaining clear, concise, and accurate patient records and documentation.

Jan
2022

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May
2023

Specialist Occupational Therapist Case Manager

Medicess Ltd

- Initial Assessment to facilitate clinical recommendations in the best interests of the client to support their recovery, working towards the optimum level functional independence wherever possible.
- Producing detailed reports to evidence recommendations to demonstrate need for ongoing resources.
- Initiating environmental adaptation and assistive equipment to support the client in their physical and functional engagement.
- Moving and Handling plans, including risk assessments when needed.
- MDT collaboration with additional supporting health care professionals.



**Professional references and more experience
available upon request**

