



REBECCA PARR

Occupational Therapist &
Moving and Handling Practitioner



Profile

Senior Occupational Therapist and Independent Consultant with 11 years' experience delivering complex functional assessments, risk management and rehabilitation planning across local authority, brain injury and independent case management services. I specialise in complex moving and handling, equipment provision, postural management and environmental adaptation for people with neurological injury, cognitive impairment, frailty and orthopaedic trauma. I am routinely asked to work in situations involving unsafe care practices, family conflict, refusal of equipment, fluctuating capacity and high falls risk, where clear, defensible clinical judgement is required to balance autonomy, safety and legal responsibility.

Key Qualifications

MSc Occupational Therapy (pre-registration) – University of East Anglia (February 2015)



Key Specification's

- Complex moving & handling and high-risk transfers.
- Falls risk management in cognitive and neurological impairment.
- Equipment, seating and postural support.
- Environmental adaptation and housing suitability.
- Mental capacity, risk acceptance and best-interest decision-making.
- Safeguarding and escalation in community settings.
- Rehabilitation planning following brain injury and catastrophic trauma.
- Care package design and review



Professional Memberships

- RCOT
- HCPC
- Member of the National Back Exchange (NBE)





REBECCA PARR

Occupational Therapist &
Moving and Handling Practitioner



07805 412611



rebecca@supportiveaction.com



www.supportiveaction.com



Leeds, UK



Work Experience

Sept
2025

-

Present

Occupational Therapist & Moving and Handling Practitioner

SupportiveAction Ltd

my role 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. I analyse daily living activities to support independence, provide training to care teams, and deliver focused therapy and functional rehabilitation. My work also includes identifying and implementing specialist equipment

April
2021

-

Present

Associate Occupational Therapist

Potential Occupational Therapy

- Working with case-managed clients following acquired brain injury to assess their ability to live safely and as independently as possible in the community.
- Leading equipment provision, complex moving and handling planning, and independent living trials in clients' own homes or transitional settings.
- Assessing how cognition, insight, behaviour and physical ability interact with the environment and support package, and provide clear recommendations about what level of assistance, equipment and risk management is required for placements to succeed.

Dec
2020

-

Present

Associate Occupational Therapist

The OT Practice

- Completing specialist functional assessments for clients with catastrophic injury, including acquired brain injury and complex orthopaedic trauma, often in the context of litigation or case management.
- Evaluating how cognitive, physical and environmental factors interact to affect safety, independence and care needs, and to provide clear, defensible recommendations on equipment, moving and handling, rehabilitation goals and ongoing support.
- Working with clients who have reduced insight, impulsivity or fluctuating capacity, requiring careful risk analysis, documentation and MDT liaison to ensure decisions are clinically sound and legally robust.



Professional references available upon request

