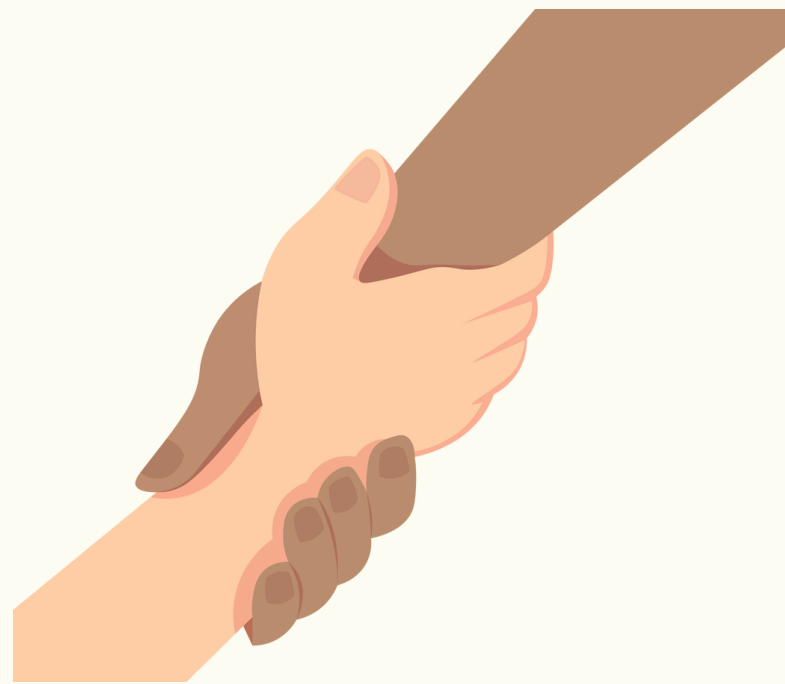


“A demonstration of leadership skills required within my role as a therapy assistant practitioner, in response to an increased caseload”.



Presented by Jessica Derrett
20/11/2025





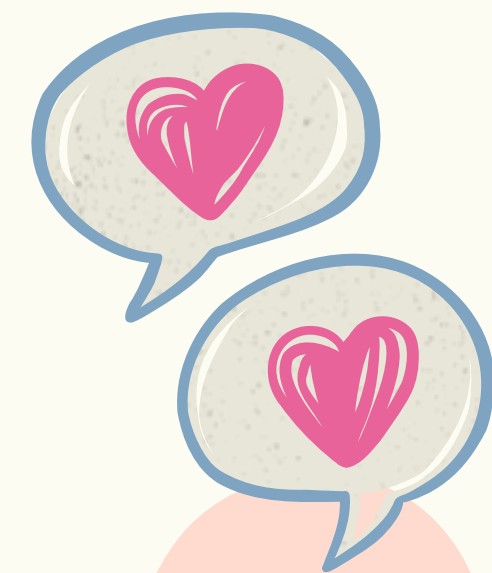
Objective:

- Highlight leadership skills of the OT support worker
- Explore possible strategies and interventions
- Examine implications, benefits and contradictions
 - Reflect on professional development and challenges

Role of the OT support worker

Deliver therapeutic interventions under the supervision of the OT, while promoting independence and recovery. I also assess and tailor intervention to each individual making sure that all interventions are holistic and person centred.

RCOT(2021)



What is the implications of increasing my case load ?

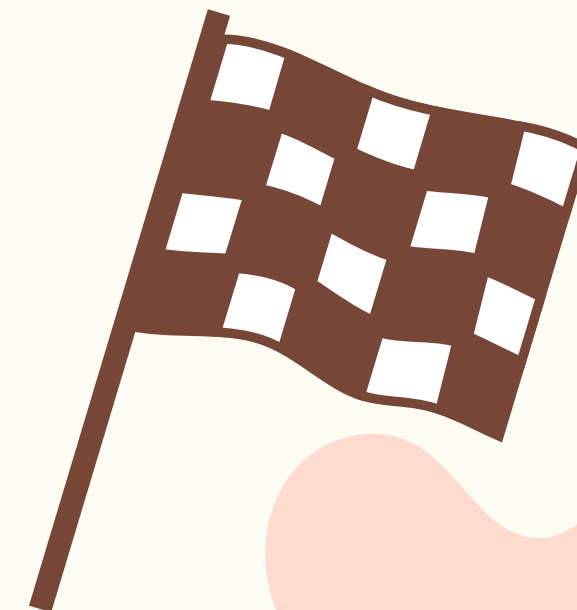
Benefits

- Faster access to Occupational therapy
- reduce the risk of the individual or family getting to crisis point
- Can free up occupational therapist to work with more complex cases
- Help me grow professionally



Challenges

- Risk of burnout
- the need for more supervision with the occupational therapist
- Is the intervention going to person centre
- Is the quality of the intervention going to be effected
- Is it going to be manageable
- Is there going to be more human error



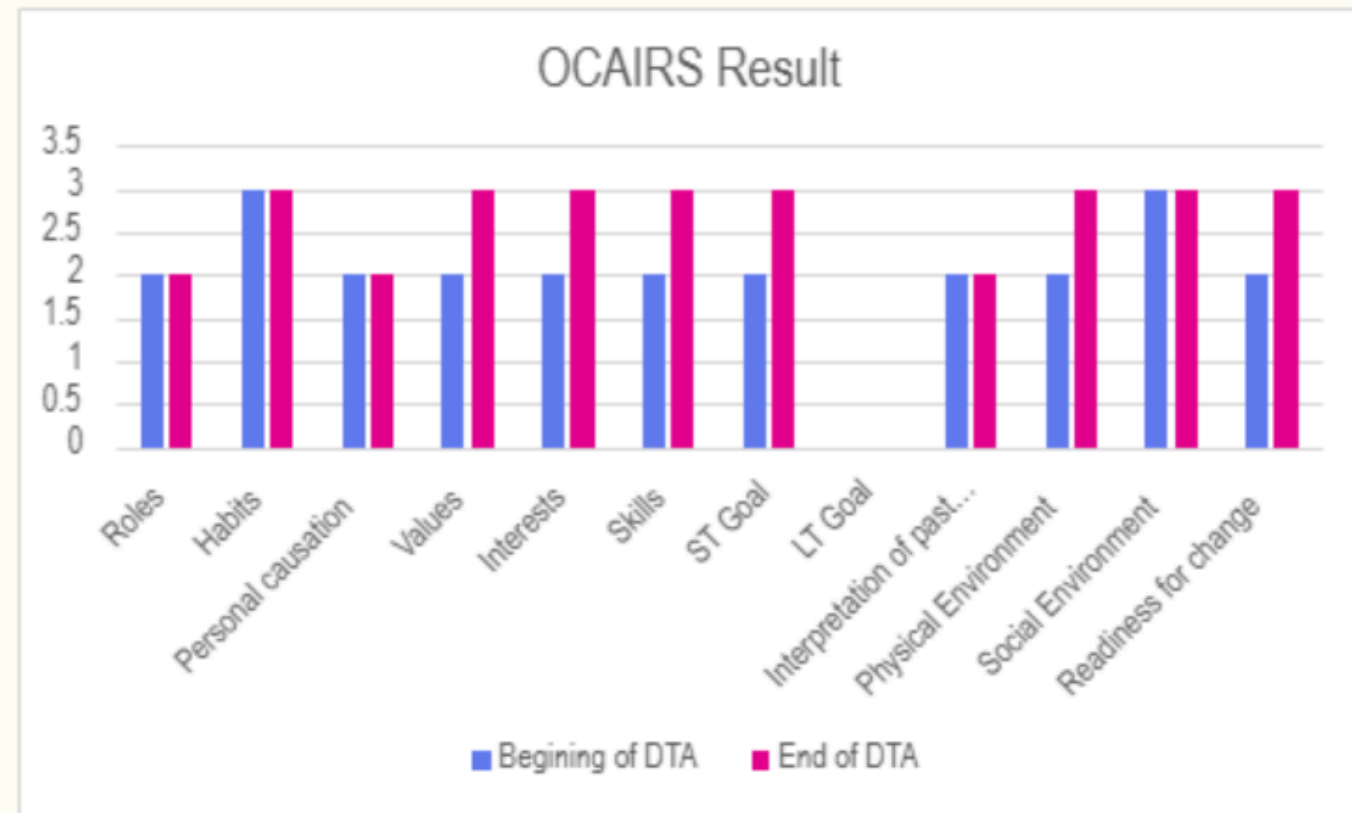
How am I going to increase my case load?

Intervention option	Benefit	Contradiction
Group work 	Able to work with more patients, support network, less travel time, would lower the amount of time spent with an individual.	Not everyone likes group work, also may not be suitable for more advanced patients, will it be accessible for all, is it still person centred. Same amount of paper work,
Shorter visit times 	Able to see more patients, more focused on goals, more person centred	time may not be sufficient enough for intervention, is this realistic, patients feel rushed, is this still person centred

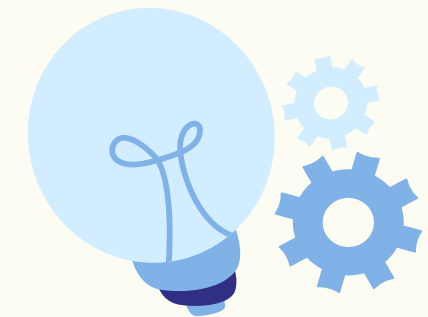
Group work

Some research highlights how individuals can feel empowered and supported by peer support. But also, how the social side of the interventions helped the individuals regularly attend the group, as well as follow through with some of the interventions and strategies.

NILSSON AND LUNDERGEN (2018))



- **Home based memory rehab-** is based on strategies that help with a person's everyday life, builds on skills and maintains independence.



- **Discovery through Activity group-** A part of group work is help others think about their own experience in a friendly and fun setting, while helping them with new strategies.

PARKINSON(2022)



Skills I will need

- Prioritizing and time management



- Knowing when to ask for help



- The ability to work as a team



- The ability to adapt interventions for every individual's



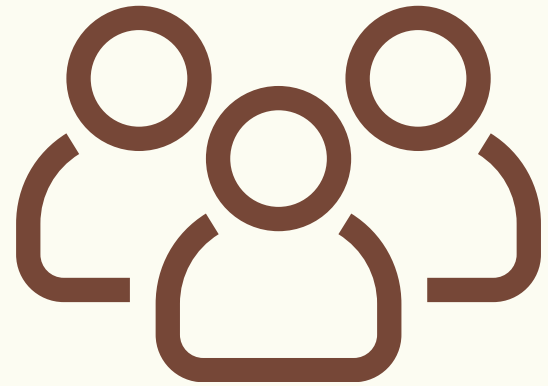
- Communication Skills



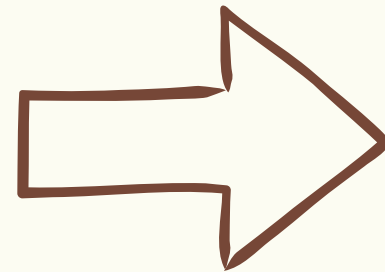
Clear and effective communication skills can help an individual feel empowered, but also helps team working and patient care run more smoothly.

Patient association (2024)

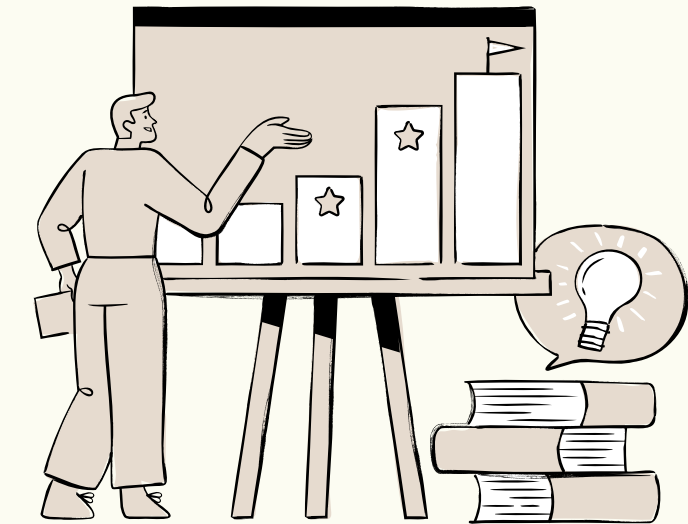
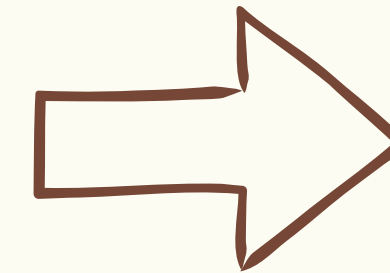
Professional development



Group Intervention
builds my case loads

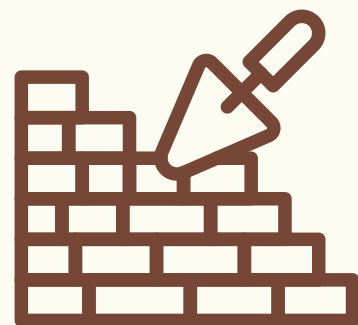


Builds on my skills



Professional development

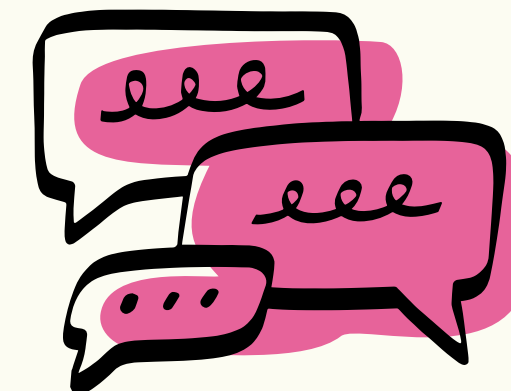
Builds my confidence with clinical reasoning and
delivering group intervention,



There is also time for me to reflect on my own skills and
action at yearly PADAR meetings.

ABUHB (2024)

Feedback from the individuals can help tailor the
intervention but also help with development of my skills.



CONCLUSION

The thought of increasing your case load and the way you work is always difficult, but after waying up the options on how I can deliver interventions that are still person centred, while looking at my professional development, I'm confident in my decision that group interventions will be the best method. It will open opportunities to individuals to socialise with people who are in similar situation, while helping them to achieve their goals. It will also help me develop professional, with better understanding of the service we provide and possibly move into different role.



QUESTION TIME



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