



Charis Hollies – Case Manager

Personal Profile:

Case Manager at LOD Care and Case Management Ltd.

I have been a physiotherapist since 2005. I completed my training at Kings College London in 2008 and have since practised in various NHS and private hospitals, rehabilitation units and community settings across London.

Experience:

- Severe and profound disabilities
- Learning Disabilities
- Mental Health
- Occupational Health
- Orthopaedics
- Cardiorespiratory
- Acquired brain injury
- Cerebral Palsy
- Catastrophic injury
- Amputation of limbs

Education and Memberships:

- BSc Physiotherapy, Kings College London
- Registered with the Chartered Society of Physiotherapy (CSP)
- Registered with the Healthcare Professions Council (HCPC)

Accredited Courses and training:

- ARC Manual Handling Instructor Training
- Aqua Epps Aquatic Therapy Foundation Principles
- Tai Chi skills for use with clients
- APPI Matwork Level 1 & 2 Pilates
- Infection control, riddor/risk incident reporting, risk assessment, violence and aggression, fire, health and safety, child protection, COSHH
- Basic life support (adults and children)
- Safeguarding of vulnerable adults and Deprivation of liberty safeguards

Background:

Having studied physiotherapy at Kings College University, I started my career working for the Priory Grange in Potters Bar - specializing in Neurological Rehabilitation. It was here that I discovered my passion for working with people coping with life changing injuries and illnesses and continued to specialize in this area as I worked within various London hospitals and rehab units.

I subsequently spent two years managing the condition management programme for a welfare to work company, specializing in chronic pain, mental health and ergonomics whilst also providing Pilates, Tai Chi classes and hydrotherapy sessions. When the programme came to an end I went on to work for a Physiotherapy company called Central Health and split my time between the private hospital of St John and Elizabeth and Springdene rehabilitation unit. I treated a diverse range of patients including the medically unwell, acute surgical and neurological patients and long-term rehabilitation following post-operative surgery or traumatic injuries.

Having decided to broaden my skillset I took on a role as a wheelchair therapist in 2014 where I assessed both adults and children for wheelchair and special seating provision. I felt privileged to have been given the opportunity to develop my postural assessment skills to a high standard, which in return sparked an interest in the importance of 24-hour postural management, especially in individuals with complex needs.

I continued to specialize in complex needs, taking on a role as Senior Physiotherapist within a social services team for people with Learning disabilities and complex needs. I spent the next three and a half years of my career providing a physiotherapy service and keyworker role to adults with learning disabilities in the borough of Merton. I thoroughly enjoyed building relationships with clients and their families, assisting them in maintaining their health and wellbeing. The majority of my caseload had severe and profound disabilities.

I am now working within the medico legal field with adults and children who have sustained brain injuries, dementia, life changing injuries and chronic disease. Having worked with adults and children with physical and cognitive impairments in acute inpatient settings, rehabilitation units and within the community setting, I have an in-depth knowledge and transferable skill set which works well within my current role as case manager. This insight allows me to assess the needs of clients with very diverse and complex requirements.

As a compassionate clinician with a holistic approach to care, I believe in providing the highest level of support for my clients. I ensure that each and every one is treated with utmost dignity and respect. I enjoy my role as case manager and find it rewarding as I am passionate about enabling people to achieve fulfilling lives, as independently as possible.