



# independenceworks

A NETWORK OF OCCUPATIONAL THERAPISTS & CASE MANAGERS



*Occupational therapy*  
gives people the "skills for the job of living"  
necessary for "living life to its fullest"

[WWW.INDEPENDENCEWORKS.NET](http://WWW.INDEPENDENCEWORKS.NET)

# Who we are

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Independence Works is a network of highly experienced occupational therapists/ case managers who specialise in the rehabilitation of people who have sustained serious injuries and are finding it difficult to return to work/study.

In 2000 a small group of independent occupational therapists (OTs) started working to provide a non-adversarial vocational rehabilitation programme for personal injury claimants. Since then the scheme has expanded to include people with severe injuries and complex needs. In 2013 we formed a company limited by guarantee.

Collectively we have a very wide range of expertise. We work collaboratively, sharing our extensive clinical knowledge and experience among the group.

We are all:

- registered with and regulated by the Health and Care Professions Council (HCPC)
- members of the Royal College of Occupational Therapists and governed by our professional code of conduct
- members of specialist clinical and case management groups and committed to professional development
- fully registered with the Information Commissioner's Office (ICO) under the Data Protection Act 2018
- DBS checked
- committed to storing and processing personal data in compliance with GDPR.

# What we do

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- One of our OTs contacts you to arrange a telephone or video assessment and/ or, if appropriate, a visit in your own home, workplace or place of education.
- We find out what you can and can't do at home and in your workplace/place of education, as well as how you feel about your present situation.
- We talk to you about your current and past work or study and your hopes for the future.
- We write you a report, which includes an action plan, usually within two weeks of our assessment.
- Everyone concerned with your case can contact us directly by phone, email or letter.
- We will work with you for as long as everyone agrees that our involvement is making a significant difference.
- We keep everyone informed about your situation and recovery with a written report every three months, then write a closing summary when our involvement ends.

For more information about our rehabilitation support please refer to our website [www.independenceworks.net](http://www.independenceworks.net)

# Case study



Nigel is a 44-year-old man who was involved in an accident while riding his motorbike to work, where he held a position as business director for a large company. He sustained multiple orthopaedic injuries to his chest, knee and ankle.

As a result of his injuries Nigel had swelling, constant pain and stiffness around his lower leg and ankle so that, even with crutches, he could only walk a few metres. He could only drive short distances and therefore was unable to return to work since his job involved a lot of driving around the country. He was also unable to participate in any of his usual hobbies or interests, which mainly involved physical activity and sport.

When Nigel was referred to the Independence Works case manager he had already undergone extensive orthopaedic surgery and had just started physiotherapy. Having contacted the treating consultant to ascertain the ongoing long-term medical management for his injuries, the case manager was then able to discuss with the physiotherapist appropriate goals aimed at returning Nigel to his pre-accident lifestyle. The insurance company agreed to fund membership of a gym and the physiotherapist developed a bespoke programme for Nigel to follow between treatment sessions.

The case manager also contacted Nigel's employers and worked closely with his company's occupational health department to agree alterations to his working week, including his hours and duties. A phased return to work plan was agreed which allowed Nigel to work from home two days a week and to travel to the nearest work site for the remainder. The insurance company agreed to fund overnight accommodation while Nigel was working away from home.

This rehabilitation programme was highly successful and within nine months from referral Nigel had returned to his sporting activities and full time job, where he was able to fulfil the duties and responsibilities he carried out before his accident.



# Tips

## for getting the best from our service...

1. Phone or email us in order to keep us regularly updated about changes in your situation.
2. Inform us of any ideas, plans or concerns you may have so that we can work with you to find solutions and progress your return to work.
3. Work on the agreed goals. Be practical and positive – take the initiative in your return to work.
4. Keep in regular contact with your employer if you have one.
5. Use local networks including family and friends if you are looking for a new job.

## What to do if you are pleased with our work...

Please let your occupational therapist/case manager know by phone, email or letter, or inform your solicitor so that we can continue to help other people in the future.

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## What to do if you are not pleased with our work...

Call +44 (0) 333 566 0014 or email [admin@independenceworks.net](mailto:admin@independenceworks.net) – a copy of our complaints procedure will be sent to you and we will guide you through the process.



Independence Works is a limited company by guarantee run for the benefit of its members on a not-for-profit basis. It has eight directors who act in the role of trustees to ensure that the articles of association and membership terms are adhered to.

For further information please visit our website: [www.independenceworks.net](http://www.independenceworks.net)

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