

# ALEX MURPHY

## ASSOCIATE CASE MANAGER



**BEACON**  
CASE MANAGEMENT

**hcpc** health & care  
professions  
council

HCPC number: OT 72545



**07340 866 476**



**alex.murphy@  
beaconcasemanagement.com**



**Beacon Case Management Ltd  
Victoria House, 29 Victoria Rd.,  
Horwich, Bolton, BL6 5NA**



**beaconcasemanagement.com**

### ABOUT ALEX

Alex qualified as an occupational therapist in 2015 after spending two years working as a support worker and team leader for case management companies Neuro Partners and A Chance for Life. Alex had the opportunity to work with children and adults who had sustained spinal cord injuries and acquired brain injuries.

Alex is a highly organised, proactive and experienced occupational therapist who is skilled in managing clients journeys and passionate about improving quality of life for those who have sustained catastrophic injuries. Alex is an experienced leader who is confident in setting up care teams and providing recommendations for clients with complex needs to live as independent and fulfilling lives as possible.

Through her professional and charitable work, Alex's focus is always on maximising outcomes for those who face some form of disadvantage through disability.

### WORK EXPERIENCE

#### 2019 - 2021 Director of Care and Rehab at Home

Alex was responsible for setting up a new provider of homecare based in Sefton. Alex was responsible for tendering for bids and gaining contracts after successfully gaining CQC registration as a regulated provider of personal care.

The core ethos of Care and Rehab at Home was keeping people as safe and independent as possible in their own homes. Alex utilised her occupational therapy background in recruiting and training up care workers in line with the fundamental standards of care with a view to maximising outcomes for the people that used the service. By using skills and expertise from rehabilitation Alex trained care workers to work closely with individual clients using a strength-based approach.

In addition to delivering day to day care, the company was proactive in making suitable referrals and ensuring that clients had the relevant multi agency professionals and teams around them to ensure maximum outcomes could be achieved. As a start-up business, Alex initially performed various functions including:

- HR- recruitment and training of care workers, staff supervision and appraisal.
- Care Co-ordination- producing care worker rotas, initial assessments and risk assessments of new packages of care, dealing with any client or families queries, responding to compliments and complaints.
- Strategic Business Development- writing tenders for bids, liaising with key stakeholders, attending local strategy meetings with the local authority to ensure a co-ordinated approach to care provision.

#### 2015 - 2019 Locum Occupational Therapist

Alex has experience in managing clinical caseloads gained across both the NHS, Local Authority and Private Practice following completion of her master's in occupational therapy in 2015. With extensive experience in community practice, Alex has contracted for a number of Local Authorities in London and the surrounding areas. Alex is able to complete holistic OT functional assessments and formulate appropriate treatment plans utilising a range of approaches such as restorative or compensatory.

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### **Client Testimonial: Alexandra Murphy**

"I have had the pleasure of working closely with Alexandra over the last two years.

In my role as Senior User for ContrOCC (an Adult Social Care Finance system for a local authority), I've been engaging with customers regularly to roll out an electronic invoicing system.

Alexandra was always available when I needed her and I found her to be ultra-efficient, a clear communicator and never shy to challenge to get things right from the start. It was obvious that Alexandra had a huge amount of experience and was able to comfortably adapt in different situations.

Throughout what has been an extremely difficult period for everyone, Alexandra has remained consistent, highly organised, dependable and above all, a thoroughly nice person to work alongside."

**Alex Baillie**  
**Finance Officer**  
**(Systems & Development)**  
**Sefton MBC**

Alex is confident in setting SMART goals and delegating work to other professionals involved in the person's care, including the supervision and mentoring of junior members of staff such as therapy assistants or support workers. Alex has worked in a range of rehab and reablement settings managing varied caseloads. Through ongoing management and regular reviews, Alex is able to co ordinate cases whereby the focus is on maximising independence and enabling people to lead rich and fulfilling lives with the right level of support to facilitate this.

Alex is confident in holding a varied and complex caseload including those with neurological debilitating conditions and delivering a range of interventions such as: moving and handling risk assessments and plans, re-housing reports and assessing for minor and major adaptations.

Alex has a special interest in neuro rehabilitation working in both acute and rehab settings. When working in acute hospital settings, Alex has gained experience of facilitating rehab plans using a variety of techniques including the Bobath approach. By working closely with other professionals such as physiotherapists and speech and language therapists, Alex has managed cases all the way from admission to coordinating hospital discharges.

In addition to clinical experience, Alex has also had the opportunity to work at a strategic level where she was employed as a registered manager/service manager for a reablement team. Whilst in this post, Alex lead on the successful re-design of the reablement service including pathways into the service where a discharge to assess pathway was set up with Whipps Cross Hospital. Alex worked closely with business development to advise on producing assessments which embedded GAS outcomes, thereby reducing manual duplication. By redesigning the Reablement pathway, Alex was able to achieve 85% of clients exiting the service with no ongoing care needs. Alex was involved in various projects within this role, gaining her PRINCE2 Project Management qualification.

### **CHARITABLE WORK**

In her spare time Alex has been involved with The Good Gym, a community of runners that combine keeping fit with community deeds. This involves stopping off during runs to do physical tasks for community organisations and to support isolated older people with social visits and one-off tasks they cannot do on their own.

Alex also has links with The Girls Network where she is an approved mentor. The Girls Network is a charity which connects teenage girls at risk of disadvantage with a mentor who is a member of a professional network. The Girls Network partner with local schools and Alex has delivered presentations and round table events where she has shared her professional journey.

Alex always aims to empower and inspire individuals to achieve their full potential and is passionate about helping people develop tangible and practical skill sets.