

Ben Holden

b app sc (occ therapy)

Managing Director/Case Manager and Occupational Therapist (OT)

Based near Ipswich, Suffolk

e-mail: bh@benholden.net

Skills & Experience Summary

Ben qualified as an OT in Adelaide, Australia in 1998 and has worked in all areas of the rehabilitation process: intensive care, inpatient, outpatient, transitional living, community, vocational and case management. He has worked in the public and private sectors in Australia and the UK. Ben specialises in working with adults with traumatic brain injury but also has experience with other conditions including amputations, spinal cord injury and complex orthopaedic.

He started his career on a brain injury rehabilitation unit in Sydney in 1999, later working as a case manager in the private sector in Sydney in 2002. Ben's caseload in the private sector consisted mostly of brain injury case management supplemented with vocational rehabilitation in the state and federal workers compensation schemes. He also regularly completed expert witness work in Australia and provided expert testimony in the Supreme Court of New South Wales.

In the UK, Ben initially worked at management level as a Neuro-OT in an NHS inpatient neurological rehabilitation centre of excellence in London, supervising several professional staff and assistants. Following this, he worked with a private brain injury case management company in Suffolk.

Ben also has skills in motivational interviewing, recruitment, training and supervision of professionals and support workers, cognitive assessment and intervention, managing challenging behavior, upper limb and neurological/physical rehabilitation, splinting, home adaptations and wheelchair prescriptions.

Since starting Ben Holden Ltd in 2009, Ben has maintained a caseload of catastrophic cases (mainly case management and occasionally neuro-OT) in addition to the role of clinical and managing director of the company. Ben loves travelling and has provided professional services internationally in Australia, Northern Ireland, Jersey, Guernsey, Alderney, Greece, Poland, Lithuania and the Czech Republic.

Employment History

April 2009 - Current

Ben Holden Ltd – Suffolk, UK
Managing Director/Case Manager/Occupational Therapist

December 2007 - May 2009

Anglia Case Management – Suffolk, UK
Brain Injury Case Manager & OT

May 2006 - November 2007

Homerton Hospital Foundation NHS Trust - Hackney, London, UK
Regional Neurological Rehabilitation Unit
Permanent Band 7 OT

March 2006 - May 2006

Wandsworth Primary Care NHS Trust - Roehampton, London, UK
Queen Mary's Hospital
Inpatient Neuro Rehabilitation Ward, Locum OT

February 2002 - January 2006

Accent Rehabilitation Service - Sydney, Australia
Brain Injury Case Manager & OT

January 1999 - January 2002

South Western Sydney Area Health Service - Sydney, Australia
Liverpool Hospital, Brain Injury Rehabilitation Unit
Rotational OT

Professional Memberships

- Advanced member of the British Association of Brain Injury Case Managers (BABICM), Former Council Member of BABICM, Former Chair of BABICM Subgroup
- British Association of Occupational Therapy (BAOT/RCOT)
- College of OT Specialist Section for Neurological Practice (COTSS-NP)
- College of OT Specialist Section – Independent Practice (COTSS-IP)
- Health and Care Professions Council (HCPC)
- UK Acquired Brain Injury Foundation (UKABIF)
- Eastern Region Brain Injury Forum (ERBIF)

- Information Commissioners Office (ICO)
- College of OT Specialist Section – Work

Ben is a former member of Independence Works and in 2015, NFU Mutual/Stewarts Law and Independence Works were successful in winning an award at the Rehabilitation First Awards. This was for innovative work with a large group of seriously injured clients in a collision on the M62 in Yorkshire in April 2013. Ben case managed three of the people injured in this high profile incident and contributed to the management of this complex group.

Other Memberships

- Associate Member Glyndebourne
- The National Secular Society
- The Japanese Garden Society
- Friend+ of Royal Opera House - Covent Garden
- Member of English National Opera – Covent Garden
- Member of Garsington Opera
- Member of the Woolpit Neighborhood Plan Steering Group & various associated sub groups
- Member of the National Trust
- Member of The Listed Property Owners' Club

Personal Summary

Ben enjoys living in rural England, spending time with family and friends, long walks with the dog, fine wine and food, gardening and drinking green tea, community activism and representation. Ben has a unique taste in music (many others find it difficult to listen to) from experimental electronic to classical. He can often be found in the theatre, travelling or trekking in the mountains. He finds the grueling challenge of regular Les Mills classes completely exhilarating!