

Dinuli Senaratne

MSc Occupational Therapy

e-mail: ds@benholden.net



Position - Case Manager

Based in Hitchin, Hertfordshire

Professional Memberships

- Health & Care Professionals Council (HCPC) – **Membership No. OT082545**
- Member of the British Association of Brain Injury Case Managers (BABICM) – **Membership No. 2368588**
- British Association of Occupational Therapists (BAOT) – **Membership No. BT0821654**
- British Association of Hand Therapy (BAHT) – **Membership No. 10676**
- Vocational Rehabilitation Association (VRA) – **Membership No. VRA2174**
- Association of Occupational Health and Wellbeing Professionals – (iOH)



Skills & Experience Summary

Dinuli completed her master's degree in occupational therapy (OT) from Brunel University in 2020. Since starting her career during the global pandemic, she has gained valuable clinical experience working with individuals with a wide range of conditions across public, charitable, and independent sectors. Her expertise spans neurorehabilitation, complex discharge planning, housing adaptations, postural management, and supporting clients with diverse needs following brain injuries. Dinuli has gained significant experience within community settings, in a variety of sectors. She has worked with clients, families, services, and environments providing community care assessments, manual handling assessments, designing housing adaptations and prescribing bespoke assistive equipment.

Dinuli is skilled in conducting assessments, creating comprehensive rehabilitation plans, and producing detailed progress reports. She adopts a person-centred and holistic approach, collaborating closely with multidisciplinary teams to deliver goal-oriented rehabilitation, risk assessments, and complex discharge planning. This includes providing equipment and customising care packages for individuals transitioning from hospital to home. With experience in managing and leading rehabilitation teams, Dinuli excels in setting goals and collaboratively developing realistic, client-focused targets to achieve optimal outcomes.

Dinuli has a specialist interest in hand therapy and upper limb rehabilitation, focusing on restoring function and improving quality of life for individuals with complex hand and upper limb conditions. She has extensive experience in conducting functional upper limb assessments, prescribing assistive devices, and developing bespoke rehabilitation plans for clients with neurological and musculoskeletal impairments.

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To further enhance her expertise in this field, Dinuli is actively expanding her knowledge through advanced training in hand therapy and upper limb rehabilitation. She is also deepening her expertise in the management of complex and traumatic hand injuries and acupuncture. As part of her commitment to professional growth, she is currently undertaking MSc modules in Hand Therapy in Practice and Current Concepts in Upper Limb Rehabilitation, allowing her to integrate the latest evidence-based research and therapeutic approaches into her clinical practice.

Before transitioning to occupational therapy, Dinuli had a successful career in human resources (HR), where she gained a master's degree in HR Development and Consultancy, and CIPD qualification. Dinuli therefore brings additional expertise in team management, recruitment, training, change management and leadership, which is particularly beneficial and relevant to her role as a case manager. Her previous experience as a HR advisor strengthens her ability to recruit, train, and support staff teams effectively, ensuring they are equipped to provide high-quality, client-centred care.

Dinuli is passionate about empowering clients to engage in meaningful activities that promote their functional recovery and overall well-being. Whether through direct therapy or multidisciplinary collaboration, she focuses on delivering tailored, solution-focused interventions. Dinuli is a calm, confident, and a dedicated professional who builds strong relationships with clients, families, and multidisciplinary teams to ensure high standards of care. She is passionate about supporting clients to achieve what matters to them and works hard to ensure the care and support they receive is tailored specifically to their needs. She thrives when working as part of a dedicated team, collaborating, delegating, and supporting others towards a common goal of rehabilitation. As a multicultural individual, Dinuli brings a unique cultural understanding, being fluent in English, French, and Sinhalese. She brings exceptional communication skills and a holistic approach to her practice, ensuring quality outcomes and client satisfaction. Her dual expertise in OT and HR, uniquely positions her to provide inclusive, compassionate, effective, and well-structured case management.

Continuous Professional Development (CPD)

To maintain high standards of service by our team members, Ben Holden Ltd provides regular in-house training and attendance of annual statutory and mandatory refreshers. As part of CPD, members regularly attend external events/courses and maintain a personal CPD Folder. All staff are subject to regular supervision and mentoring sessions.

Disclosure & Barring Service (DBS) – Enhanced Certificate

To remain up to date and enable regular annual rechecks our team members are all registered with the online Update Service.

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Clinical Employment History

January 2025 – Present

Ben Holden Ltd

Case Manager

October 2024 – November 2024

North Middlesex University Hospital NHS Trust

Band 7 Locum Community Neurological Occupational Therapist

May 2024 – October 2024

Brainkind

Senior Specialist Occupational Therapist

August 2023 – Present

Central London Community Healthcare NHS Trust

Freelance Band 7 Neurological, Rehabilitation, and Community Occupational Therapist

February 2024 – March 2024

Design for Independence

Housing Occupational Therapist

September 2023 – January 2024

The OT Practice

Associate Occupational Therapist

December 2022 – August 2023

Central London Community Healthcare NHS Trust

Neurological and Rehabilitation Occupational Therapist

October 2020 – June 2022

Royal Free Hospital, London

Rotational Occupational Therapist

Personal Summary

Dinuli likes spending time in nature and practising meditation. She enjoys active hobbies such as dancing, climbing, swimming, hiking, netball, badminton, and squash. As co-founder of 'StartingOuT', she supports newly qualified occupational therapists in their career development. She is also an avid reader and cook. As a qualified massage therapist, she integrates her clinical skills in holistic massage and hand therapy.

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