

Profile: Sophie Benko – Associate Case Manager - Manchester



Sophie is an experienced brain and spinal injury case manager, having worked in the field since 2010. Sophie is experienced in managing a complex caseload, her clients have a variety of needs including cerebral palsy, spinal injury, acquired brain injury, drugs and alcohol addiction, amputees, mental health and behavioural difficulties.

Sophie is an Occupational Therapist registered with the Health and Care Professions Council. She is also an active member of the British Association of Brain Injury Case Managers.

Sophie is skilled at managing the multi-disciplinary team and ensures that her clients are receiving evidence based treatment, keeping up to date with clinical guidelines (NICE/NSF). Sophie is passionate about ensuring the therapy team are setting collaborative goals with her clients. She regularly attends nationwide events to keep up to date with the latest equipment and adaptations. She has a keen interest in memory aids and keeps up to date with the latest technology available.

She also has fantastic experience in supporting a number of young mothers with acquired brain injuries, and assisting in ensuring their ability to care for their children successfully and as independently as possible.

Sophie also has experience as the lead Occupational Therapist at an autism and learning disability hospital for adults who are detained under the Mental Health Act. She worked closely with the clients in encouraging daily activities and rehabilitation goals and guiding direct staff with best practices. She has received formal training in positive behaviour support and de-escalation techniques. Sophie also has experience in service development for a Neuro Rehabilitation Unit in the North West.

In 2014, Sophie was the co-founder and committee member of a new branch of Headway, Rochdale & Bury, following two years (2012-2014) on the committee of Headway, Blackpool. Sophie attended regular committee meetings and arranged therapy drop in sessions based on results of an audit, including stress management, communication skills, relaxation, and cooking sessions. She has previously been involved in working with Caudwell Children. In 2011 she accompanied 25 terminally ill children to Florida and fundraised for this trip. Sophie supported a young family with a son with cerebral palsy and cystic fibrosis during this once in a lifetime holiday.



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