

Introducing Cat Alexander, NCH&C's new Co-Chair for the Diverse Abilities Staff Network



I am Cat. I am an Occupational Therapist (OT) on rotation and joined the trust in June 2020.

My professional background is a little unconventional having graduated initially in Sport and Exercise Science which led me into health promotion route, and then I found my way into neuro rehabilitation. My role as a senior rehabilitation assistant was what helped me discover OT, and I fell in love because it is a very holistic role helping to enable people to do the things they want and need to do.

I love being active though, I wouldn't say I'm good at it I enjoy trying and learning new things such as water sports and high ropes. I also enjoy crafts, board games, and baking. I also enjoy sitting in my onesie or Oodie watching a film.

I am dyslexic, and have a connective tissue disorder, which affects my joints and causes pain and fatigue. I am also awaiting a diagnosis of ADHD. I've also had various mental health issues. I feel my dyslexia is what has made me a hard worker, good at persevering and problem solving – which is a great skill to have as an OT.

I became the new Diverse Abilities Co-Chair because I want to improve the reasonable adjustment process. Because of my experience I want raise awareness of the difficulties people with different needs have and to help create a smoother process, especially for those who move around to different departments, for example staff on rotation. I want to know more about others needs and do my best to advocate for them and support them in what ever way is possible. I don't plan to let my disabilities / needs get in the way of me being an awesome OT and want to support others access a workplace that empowers them to perform their best.