# Sara Hemming

## Care & Occupational Therapy Expert Witness, Case Manager



**Types of Reports Undertaken**: Quantum Care Reports, Quantum Occupational Therapy Reports, Combined Quantum Care & Occupational Therapy Reports
**Locations Covered**: UK
**Client Age Categories**: Paediatric, Adult

### Specialisms:

- Catastrophic and complex Injury
- Acquired and traumatic brain Injury
- Spinal cord Injury
- Cauda equina syndrome
- Complex neurological injury and presentations
- Functional Neurological Disorder (FND)
- Complex Trauma and psychological sequelae
- Orthopaedic injury and polytrauma
- Significant physical disability
- Cognitive and functional impairment
- Long-term care and support needs
- Rehabilitation
- Equipment and assistive technology
- Housing and accommodation needs
- Community access and independence
- Vocational and occupational needs
- Complex PTSD and Mental Health

### Profile:

Sara Hemming is an experienced Care and Occupational Therapy Expert Witness specialising in catastrophic and complex injury, including acquired and traumatic brain injury, spinal cord injury, cauda equina syndrome, complex neurological presentations, orthopaedic injury and complex trauma.

She prepares independent quantum Care, Occupational Therapy and combined Care & Occupational Therapy reports for Claimant and Defendant solicitors throughout the UK in personal injury and clinical negligence litigation.

Sara has 25 years' experience as a qualified Occupational Therapist working with children, adults and families affected by significant injury, disability and complex rehabilitation needs.

Her extensive clinical and case management background enables her to consider the interaction between physical injury, cognition, psychological trauma, functional ability, care and support requirements, rehabilitation, equipment, accommodation, vocational needs and long-term independence.

Sara became a Case Manager in 2005 and established Regain Case Management Ltd in 2010. She has extensive experience in the assessment, coordination and oversight of complex multidisciplinary rehabilitation and support packages following life-changing injury.

Her work has involved close liaison with clients and families, treating clinicians and multidisciplinary teams, insurers, Claimant and Defendant solicitors, professional deputies, Integrated Care Boards and local authorities.

This breadth of experience gives Sara a practical understanding of how care and rehabilitation recommendations operate in everyday life and of the practical and financial implications of long-term disability, rehabilitation and future care provision.

**Functional Neurological Disorder (FND)**
Sara has a particular professional interest in Functional Neurological Disorder (FND) and is undertaking advanced professional development in the assessment and management of FND.

Her developing focus in this area considers the functional impact of neurological symptoms and their interaction with activity and participation, fatigue, cognition, psychological factors, rehabilitation, vocational needs, care requirements and independence.

This complements her extensive experience of complex presentations in which physical, cognitive, psychological and environmental factors interact to affect an individual's function and rehabilitation.

Sara understands her overriding duty to the Court and provides independent, balanced and evidence-based opinion within her areas of expertise.

## Qualifications and Memberships:

- BSc (Hons) Occupational Therapy – 2001
- Case Manager – since 2005
- Founder, Regain Case Management Ltd – 2010
- Cardiff Law School / Bond Solon Civil Expert Certificate – 2015
- Member of the FND Society – 2026
- Advanced Course in the Assessment and Management of Functional Neurological Disorder (FND) – currently undertaking

## Testimonials:

*"Throughout my career as a personal injury lawyer, I have instructed a significant number of care experts. In my opinion, Sara Hemming consistently stands out for the exceptional quality of her reports, which are thorough, well-reasoned, evidence-based and presented with absolute clarity. Her expertise, attention to detail and ability to address the key issues in dispute have made her my go-to care expert, and I would recommend her without hesitation."* **Matthew Backhouse Ward & Rider Solicitors**

*"As a solicitor who specialises in pursuing compensation claims for clients who have suffered life-changing, catastrophic injuries I appreciate the difference first class case managers can make in supporting clients during this process. I worked with Sara on behalf of a young man who had suffered a complete spinal cord injury. In that time Sara displayed enormous commitment to the client and his family, supporting them and helping them rebuild their lives. She matched compassion with determination and a can-do approach.* Without *Sara's work in helping the client and his family to find a framework for the future, the litigation would not have been able to provide the future security our client and his family sought and ultimately achieved."* **Scott Rigby Stewarts Law**

*"We have had the pleasure of working with Sara and her colleague Katie since 2013. Regain Case Management has been the company of choice over this period for several of our deputyship clients. They are highly experienced and very efficient. They demonstrate great empathy towards the client and are always supportive of both the deputy and the MDT"* **Lorna Halfpenny-Beeby Partner, JE Bennett Law**

*"Sara supported me to regain a new way of living. I did not see any future following my accident and they have guided me to take each step!"* **Paediatric Client aged 11-18 years C1 Spinal Cord injury – continued to enrol in university and live independently**