

JENNIFER DINSDALE

Occupational Therapist
& OT Team Leader



PROFILE

Hi, I'm Jen, an Occupational Therapist and OT Team Leader here at Conscious Healthcare SA.

With over 20 years of experience, I'm passionate about helping individuals improve their independence, wellbeing, and engagement in the activities that matter most to them. Throughout my career, I've worked across hospitals, community programs, and home-based care settings, supporting clients of all ages with a wide range of physical, cognitive, neurological, and psychosocial needs.

I've also spent many years working across rural and remote areas of both South Australia and Western Australia, which has given me a deep appreciation for people from diverse backgrounds and life experiences. These opportunities have shaped my understanding of what meaningful, person-centred care truly looks like and reinforced the importance of tailoring therapy to each individual's goals, lifestyle, and environment.

My approach is holistic, evidence-based, and grounded in compassion. I believe therapy works best when clients feel heard, supported, and actively involved in their journey. I work collaboratively with clients, families, and support teams to create practical strategies that not only address immediate challenges, but also build long-term confidence, participation, and independence.

I have particular clinical interests in psychosocial conditions, paediatrics, home modifications and assistive equipment prescription, and supporting adolescents and adults. My practice draws on a range of therapeutic approaches including Cognitive Behaviour Therapy (CBT), trauma-informed therapy, feeding therapy, emotional regulation strategies such as the ALERT Program®, and client-centred holistic care.

As both a clinician and team leader, I'm passionate about delivering high-quality, evidence-based support while fostering a positive and collaborative environment for both clients and practitioners.

I look forward to supporting you or your loved one to achieve meaningful goals and improve quality of life.