

## Geraldine O'Callaghan

### *Next Steps Rehab*



#### CONTACT DETAILS

T: +353 85 121 7559

E: [info@nextstepsrehab.com](mailto:info@nextstepsrehab.com)

[www.nextstepsrehab.com](http://www.nextstepsrehab.com)

LinkedIn: [www.linkedin.com/in/gocallaghan](https://www.linkedin.com/in/gocallaghan)



Geraldine O'Callaghan, who is from Granard, Co Longford, founded Next Steps Rehab in December 2024, operating the business from her home.

A physiotherapist with 20+ years of clinical experience, Geraldine recently completed a PhD focused on supporting people with stroke as they transition from hospital to home. The idea for Next Steps Rehab grew from Geraldine's understanding of the challenges facing rehabilitation and recovery-focused care at systems level.

Next Steps Rehab supports organisations to enhance rehabilitation, recovery-focused care and integrated models of care, particularly at key transition points in a person's healthcare journey. The company provides consultancy, training and service development support to help organisations redesign services, strengthen workforce capability and improve outcomes for the people they serve.

Geraldine initially began with a consultancy model, but through participating in ACORNS refined her ideas into a rehabilitation and recovery scalable whole-workforce capability programme – RehabReady™. The programme includes an e-learning core module, applied workshops, a champions model and a longer-term train-the-trainer vision.

It is designed for anyone supporting recovery, working across all health and social care settings, and informal carers, helping them build the knowledge, confidence and practical approaches to make everyday interactions more recovery focused.

Geraldine says a significant milestone in her entrepreneurial journey, and during her time in ACORNS, was recognising that the challenges she was seeing across healthcare were not unique to a single service, organisation, or jurisdiction, and that she could use her knowledge and experience to develop solutions with the potential to create impact at local, national and potentially international level.

She says ACORNS has been invaluable, providing mentoring, peer learning, encouragement and challenge. It also helped her think more strategically about business development, financial planning, intellectual property, brand protection and long-term sustainability.

Geraldine is currently working with healthcare partners to pilot RehabReady™. Her ambition is to explore scaling it nationally and beyond Ireland.

***Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.***



An Roinn Talmhaíochta,  
Bia agus Mara  
Department of Agriculture,  
Food and the Marine