



#7 - 120 Maryland Street  
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## **RETURN TO WORK**

### **PRIVATE PRACTICE**

### **DIRECTORY**

**2011 - 2012**

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## APEX THERAPY SERVICES

Russel Dyck, O.T. Reg. (MB)  
PO Box 61026, RPO Grant Park  
Winnipeg MB R3M 3X8  
Phone: (204) 415-3973  
Fax: (204) 221-8847  
E-mail: [russel@apextherapyservices.ca](mailto:russel@apextherapyservices.ca)  
Website: [www.apextherapyservices.ca](http://www.apextherapyservices.ca)

- Area Served:** Winnipeg & Rural Manitoba
- Nature of Practice:** Occupational therapy consultation and counselling services.
- Services Provided:**
- Worksite assessments (job demands analysis, percentage of duties)
  - Ergonomic assessments
  - Return-to-work programming
  - Personal care
  - Accessible design projects
  - Housing assessments
  - Cognitive assessments
  - Mental health (assessment and therapy)
  - Permanent impairment assessments
  - Seating
  - Discharge planning
  - School assessments
  - Dependent assessments
  - Neuro & musculoskeletal (assessment and therapy)
  - Counselling, pediatric occupational therapy
- Ages served:** All
- Special Interests:** Housing and corporate barrier-free design (as part of a team consisting of an occupational therapist, interior designer, architect, and construction company), complex return-to-work programs, counseling and mental health.
- System of Referral:** Referral forms are available and can be faxed, called in, or emailed (must contact Apex Therapy Services to obtain the form)

## APPROACHING FUNCTION – OCCUPATIONAL THERAPY ASSESSMENT AND CONSULTATION

Carrie Houston, O.T. Reg. (MB)  
P.O. Box 61053, RPO Grant Park, Winnipeg R3M 3X8  
Phone: (204) 889-5252  
Cell: (204) 990-3609  
Fax: (204) 487-0282  
E-mail: [chouston@mts.net](mailto:chouston@mts.net)

**Area Served:** Manitoba

**Nature of Practice:** Assessment and Consultation

**Services Provided:** Ergonomics, workplace risk assessment, discharge planning, functional and mobility assessments, medical/legal assessment, home assessment/environmental adaptation, health education and promotion, functional capacity evaluations, return to work planning/monitoring, job and physical demands analysis.

**Ages served:** Adults and older adults

**Special Interests:** Return to work planning/monitoring, ergonomics

**System of Referral:** Self referral, Physician or health care professional referral, referral by telephone, fax, or email.

## B.A. KOWALSKI GROUP

Barbara Kowalski, O.T. Reg. (MB)  
RPO Courts, P.O. Box 54004, Winnipeg R3J 3Z3  
Phone: (204) 885-1297  
Fax: (204) 885-1297  
e-mail: bakowalski@aol.com

- Area Served:** Province of Manitoba
- Nature of Practice:** Assessment, service provision and consultation
- Services Provided:**
- 1) Disability Management
    - Return to work facilitation
    - Medical case consultation
    - Resource/systems coordination
    - Physical/cognitive demands analysis
    - Ergonomic evaluation
  - 2) Functional Home Evaluation.
    - Comprehensive physical, cognitive, and functional assessment
    - Assistive equipment, specialized technology and barrier free design consultation
- Ages served:** Adults
- Special Interests:**
- 1) Disability management in the workplace
  - 2) Aging, technology and disability
  - 3) Universal design
- System of Referral:** Self-referral or by contract.

## BLOCK BUILDING THERAPIES

### **Sole Proprietor**

Nicole Beauchesne, O.T. Reg. (MB)

PO Box 53060, RPO South St. Vital

Winnipeg MB R2N 3X2

Phone: (204) 231-0785

Fax: (204) 231-4442

e-mail: [info@blockbuilding.ca](mailto:info@blockbuilding.ca)

website: [www.blockbuilding.ca](http://www.blockbuilding.ca)

**Area Served:** Province of Manitoba

**Nature of Practice:** Assessment, direct intervention and consultation for children and adults.

**Services Provided:** **1. Adults and Children** - Specialization in discharge planning, environmental assessments, equipment prescriptions and cognitive assessment and treatment for clients with a brain injury, spinal cord injury or orthopedic injury. Also facilitate return to school or work processes for clients with above injuries.

**2. Children** - Community-based occupational therapy services within the child's functional environment (home, school, day care). Services are directed toward increasing a child's independence with activities of daily living which are affected by physical, cognitive or social difficulties. This includes but is not excluded to self care (dressing, toileting), play (concepts, socialization) and work (reading, writing, cutting). Educational inservices can be provided to individuals or groups regarding various topics.

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## **Block Building Therapies (continued)**

**3. Adults** - Completion of personal care assessments, physical demands analysis, work site assessments and percentage of duties assessments for clients with soft tissue and/or back injury. Ergonomic assessments for the workplace and gradual return to work programs for the injured worker. Competency shelter and assessments for clients with brain injuries and dementia.

**Ages served:** All ages.

**Special Interests:** **1. Adults and Children** - Traumatic Brain Injuries, Spinal Cord Injuries, Orthopedic Injuries.

**2. Children:** Attention Deficit Disorder, Learning Disorders, PDD (Asperger's/Autism), Neuromuscular Disorders and Developmental Disorders.

**3. Adults** – Personal Care Assessments, Worksite Assessments, Physical Demands Analysis, Percentage of Duties Assessment, Childcare Assessments, Return to Work Programs.

**System of Referral:** Self-referral, physician referral or referral directly from schools, family member or third party payer.

## ENABLING ACCESS

Marnie Courage, OT Reg. (MB)  
POBox 272 Corydon Ave.  
Winnipeg, MB R3M 3S7  
Phone: (204) 475-0433  
Fax: (204) 475-4011  
Email: marnie@enablingaccess.ca  
Website: www.enablingaccess.ca

**Area Served:** Province of Manitoba

**Services Provided:** **Assessment and consultation available for:**

- Hospital Discharge Planning
- Personal Care Assistance
- Home Access and Safety
- Home Modification (Barrier Free Design)
- Functional Abilities
- Wheelchair, Seating and Mobility Devices
- Permanent Scarring
- Assistive Technology and Computer Access
- Sensory Dysfunction, Integration and Sensory Environments
- Percentage of Duties
- Workplace Ergonomics
- Job Demands Analysis
- Functional Capacity Evaluations
- Return to Work Planning
- Job Accommodation
- Post-offer Pre-placement Testing
- Medical/Legal (Future Cost of Care Assessments)

**Corporate Training and Education:**

- Ergonomics, Injury Prevention, Disability Awareness and Emergency Response
- Safe Patient Lifting and Handling Certification
- Ergonomics of Manual Material Handling Certification
- Non-Violent Crisis Intervention Certification

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## **Enabling Access (continued)**

### **Adapted Fitness:**

- Adapted Yoga
- Customized Adapted Fitness Programming

### **Guest Speaker:**

Marnie Courage is a public Speaker and Sessional Instructor at the University of Manitoba Occupational Therapy Department, available for Conferences and Workshops to speak on topics related to Occupational Therapy, Injury Prevention, Ergonomics and Barrier Free Design.

**Ages served:** 16 through lifespan

**Special Interests:**

- Spinal Cord Injuries, Traumatic Brain Injuries and Developmental Disabilities
- Injury Prevention and Ergonomics
- Residential and Commercial Barrier Free Design

## KEY STEPS REHABILITATION AND CONSULTING SERVICES

Stephanie Jordan, O.T. Reg. (MB)

Box 21005, 3360 Victoria Ave, Brandon, MB R7B 2L0

Phone: (204) 573-6262

Fax: (204) 867-2391

Email: [sjordan@keysteps.ca](mailto:sjordan@keysteps.ca)

Website: [www.keysteps.ca](http://www.keysteps.ca)

**Area Served:** Province of Manitoba

**Nature of Practice:** Key Steps is a privately owned rehabilitation company that provides consultation and disability management services to a variety of organizations and individuals. The main goals of the occupational therapy services provided are: safe return to work, increased work productivity, safe discharge from hospital, increased independence and/or safety within the home, and increased mobility.

**Services Provided:** Functional home assessments, wheelchair assessments, power mobility assessments, hospital discharge co-ordination, worksite/ergonomic assessments, physical demands analyses, return to work programs, permanent impairment assessments (i.e. scarring, range of motion), cognitive screening, and educational workshops.

**Ages Served:** All.

**System of Referral:** Direct or third part referrals accepted via fax, phone, or mail. Referral form available upon request or can be downloaded from website.

## KINEX OCCUPATIONAL THERAPY

Kym Farmer OT Reg MB, BA, MOT  
Shannon Farmer OT Reg MB, BA, MOT  
T 204 990 3960 / 204 999 4171  
F 204 272 5650  
info@kinextherapy.com  
www.kinextherapy.com

**Area Served:** Manitoba

**Nature of Practice:** Occupational therapy assessments, interventions, and consultations to individuals or groups

**Services Provided:** All Ages: Cognitive assessments, discharge planning, educational in-services, home safety assessments, medical-legal services, mental health assessments, mobility and equipment prescriptions, motor skills assessments (e.g. fine motor, gross motor), long-term care services, return to work programs, school programs, universal design, among others. Services can be customized to meet your needs.

Adults: Ergonomic assessments, functional assessments, functional capacity evaluations, job/physical demands analysis, permanent impairment assessments, personal care assessments, among others.

Children: Occupational therapy services designed to help children achieve developmental milestones, increase independence, improve performance, and enhance self-esteem.

**Ages Served:** All ages

**Special Interests:** Pediatrics

**System of Referrals:** Self referral, family members, health care professionals, third party payers, etc. Referrals accepted via phone, or e-mail. Referral forms available online.

## MAXIMIZE HUMAN CAPABILITIES - MHC

### **Sole Proprietor**

Lorraine Mischuk, O.T. Reg. (MB)  
P.O. Box 28081 RPO North Kildonan  
Winnipeg, MB R2G 4E9  
Phone: (204) 453-8705  
Fax: (204) 453-8706  
e-mail: [info@maxot.ca](mailto:info@maxot.ca)  
website : [www.maxot.ca](http://www.maxot.ca)

**Area Served:** Province of Manitoba.

**Nature of Practice:** Ergonomics and occupational therapy.

**Services Provided:** Worksite assessment and accommodation  
Ergonomic assessments  
Functional capacity evaluation  
Cognitive assessment  
Job demands analysis  
Post Offer Pre Placement testing  
Injury prevention (individual employee early intervention or group employee education sessions designed for that particular employer)  
Home assessments and accommodation  
Individualized programming (home/community based exercise/activity programs, client education and counseling)  
Gradual return to work programs  
Repetitive strain injury - splinting  
Medical - legal consultation

**Ages served:** Adult

**Special Interests:** Repetitive strain injuries, ergonomic modifications, workplace intervention.

**System of Referral:** Fax, telephone or e-mail information.

## OPTIMIZE OCCUPATIONAL THERAPY SERVICES

Julie Bell, O.T. Reg. (MB)  
963 Henderson Hwy  
PO Box 35031  
Winnipeg, MB R2K 2M0  
Phone: 283-4399  
Cell: 471-0861  
Fax: 283-8405  
Email: [Julie.optimizeot@shaw.ca](mailto:Julie.optimizeot@shaw.ca)

<b>Area Served:</b>	Manitoba, Rural, northern and urban areas
<b>Nature of Practice:</b>	Assessment and Consultation
<b>Services Provided:</b>	Home and safety assessments, ergonomic assessments and education/worksite assessments, job and physical demands analysis, return to work planning/monitoring, wheelchair assessments, functional and mobility assessments, discharge planning, scarring and ROM assessments.
<b>Ages Served:</b>	Mainly adults
<b>Special Interests:</b>	Rural areas
<b>System of Referral:</b>	Self-referral, Physician or health care professional, third party payers, by phone, fax or email.

## WORK-ABLE SOLUTIONS - Occupational Therapy Consulting Services

Elaine Huzel, O.T. Reg. (MB)  
P.O. Box 38033, Winnipeg R2E 1H3  
Phone: (204) 338-0601  
Fax: (204) 334-8898  
e-mail: elaine@workablesolutions.ca  
web: www.workablesolutions.ca

**Area Served:** Manitoba.

**Nature of Practice:** *Work-Able Solutions* is a private organization that has provided community and clinic-based occupational therapy services in Manitoba since 1998. Rehabilitation services are aimed at assisting individuals who have sustained an injury, illness, or disability, to achieve their maximum level of function, and to return to work and activities of daily living. Workplace intervention services are designed to prevent risk of injury, improve productivity, and facilitate accommodation of workers with disabilities.

**Services Provided:** Work-Able Solutions offers a wide range of assessment and rehabilitation services that address a full spectrum of physical, cognitive and psychosocial impairments. Some of our services include ergonomic assessment, job demands analysis, functional capacity evaluation, cognitive assessment, activities of daily living assessment, reasonable accommodation assessment, return to work programs, acquired brain injury rehabilitation, chronic pain rehabilitation, home or community-based rehabilitation programs, education seminars and injury prevention workshops and programs.

**Ages served:** Adolescents and adults.

**System of Referral:** Direct or third party referrals are accepted. Contact Elaine Huzel by phone or in writing (fax, mail, or e-mail).