

SERVICES FOR ADULTS

How Can I Access Occupational Therapy?

1. Anyone can see a private practice OT!
2. You may see an OT without insurance or a doctor's prescription.
3. Most private practice OT's accept self-referrals, or referrals from family, school, or other health professional. Contact the individual company regarding their referral process.

How do I find an Occupational Therapist?

1. Read through the directory and search for a private practice OT that fits your needs (businesses listed in alphabetical order).
2. Press "Ctrl + F" and type the issue or support you are seeking help for. A box will appear on the top right corner. Type your search term and then use the arrows (up or down) to scroll through the document and find OT's that provide service for that area.
3. Need more help? Contact the MSOT office for additional support (msot@msot.mb.ca or 204-957-1214).
4. Please reach out to the individual OT companies with any specific questions about the services provided.

Will my extended health benefits cover the costs of private Occupational Therapy?

1. Find out if your extended health benefits plan includes coverage for Occupational therapy. If OT is not covered... ASK FOR IT!! (Sample letter templates at: <http://www.msot.mb.ca/finding-ot-services/>).
2. Ask your doctor for a prescription if your private insurance requires one.

The listings of occupational therapy practices in this directory are not necessarily endorsed by MSOT. Statements, claims and opinions made by occupational therapy private practice providers are those of the author or advertiser and do not necessarily reflect the views of MSOT members and Board members. The information contained in the Directories is subject to change without notice.

Apex Therapy Services

Russel Dyck, O.T. Reg. (MB)
 russel@apextherapyservices.ca
 PH: 204-415-3973 apextherapyservices.ca

Kinex Therapy

Kym Kaufmann, O.T. Reg. (MB)
 Shannon Bazilewich, O.T. Reg. (MB)
 info@kinextherapy.com
 PH: 204-999-4171 kinextherapy.com

Approaching Function

Carrie Houston Smith, O.T. Reg. (MB)
 approachingfunction@icloud.com
 PH: 204-990-3609

Maximize Human Capabilities

Lorraine Mischuk, O.T. Reg. (MB)
 info@maxot.ca
 PH: 204-452-8705 maxot.ca

B.A. Kowalski Group

Barbara Kowalski, O.T. Reg. (MB)
 bakowalski@mymts.net
 PH: 204-885-1297

Megan Land McCarthy OT Services

Megan Land McCarthy, O.T. Reg. (MB)
 mlandmccarthy@gmail.com
 PH: 204-293-7043

Block Building Therapies

Nicole Beauchesne, O.T. Reg. (MB)
 info@blockbuilding.ca
 PH: 204-231-0785 blockbuilding.ca

On The Spectrum Therapy

Tamara Rogers, O.T. Reg. (MB)
 tamara@onthespectrumtherapy.com
 PH: 204-415-7656 onthespectrumtherapy.com

Concussion Care Community Clinic

Nicole Beauchesne, O.T. Reg. (MB)
 nicole@concussion-care.ca
 PH: 204-415-0785 concussion-care.ca

Optimize Occupational Therapy Services

Julie Bell, O.T. Reg. (MB)
 julie.optimizeot@shaw.ca
 PH: 204-471-0861 optimizeot.ca

Discoveries in Therapy

Rosanne Papadopoulos, O.T. Reg. (MB)
 rosanne@discoveriesintherapy.com
 PH: 204-254-3146 discoveriesintherapy.com

Personal Best Therapy

Gail McMillan-Law, O.T. Reg. (MB)
 personalbesttherapy@mymts.net
 PH: 204-781-6450

Enabling Access Inc.

Marnie Courage, O.T. Reg. (MB)
 info@enablingaccess.ca
 PH: 204-475-0433 enablingaccess.ca

Proactive Rehabilitation & Therapy

David Chochinov, O.T. Reg. (MB)
 proactivetherapymb@gmail.com
 PH: 204-299-7334 proactivetherapy.com

Evolve Occupational Therapy Services

Charlene Mathison, O.T. Reg. (MB)
 charlenemathison@evolveOT.com
 PH: 204-838-2429 evolveOT.com

Therapy First

Corinna Klassen, O.T. Reg. (MB)
 Angie Maidment, O.T. Reg. (MB)
 info@therapy.ca
 PH: 204-612-0398 therapyfirst.ca

Work-Able Solutions

Elaine Huzel, O.T. Reg. (MB)
 info@workablesolutions.ca
 PH: 204-338-0601 workablesolutions.ca

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APEX THERAPY SERVICES

Russel Dyck, O.T. Reg. (MB)
P.O. Box 61026, R.P.O. Grant Park
Winnipeg, MB R3M 3X8

Phone: (204) 415-3973

Fax: (204) 221-8847

Email: russel@apextherapyservices.ca

Website: www.apextherapyservices.ca

Services Provided:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- In-clinic Functional Abilities Testing
- Worksite Assessment
- Job demands analysis
- Ergonomic Assessment
- Return to work Assessment
- Functional Abilities Assessment (FAE)
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Early Intervention Program for Concussion
- Concussion care
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Repetitive strain injury splinting
- Community reintegration
- Exposure therapy
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Employee Early Intervention
- Workplace Accommodation
- Return to work programming

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English

APPROACHING FUNCTION OCCUPATIONAL THERAPY

Carrie Houston Smith, O.T. Reg. (MB)
P.O. Box 61053, R.P.O. Grant Park
Winnipeg, MB R3M 3X8

Phone: (204) 990-3609
Fax: (204) 487-0282
Email: approachingfunction@icloud.com

Summary of Practice: Approaching Function is a private occupational therapy company that provides assessment and consultation services to individuals in their home, community or work environments. We work with clients to enable independence and to maximize function and productivity.

Services Provided:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- Health education / injury prevention
- Relaxation strategies
- Education
- Equipment prescription/provision
- Employee Early Intervention
- Workplace Accommodation
- Return to work programming

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba (with the exception of Northern Manitoba)

Languages: English

B.A. KOWALSKI GROUP

Barbara Kowalski, O.T. Reg. (MB)
2533 Portage Avenue
P.O. Box 54004, Winnipeg, MB R3J 0L5

Phone: (204) 885-1297
Fax: (204) 885-1297
Email: bakowalski@mymts.net

Summary of Practice: B.A. Kowalski Group provides assessment, intervention and consultation. The practice focuses on two main areas: 1) Disability management and the full spectrum of return to work services, including ergonomic assessments; and 2) Functional home evaluations that analyze the environment and the individual's physical and cognitive capacity. B.A. Kowalski has extensive experience with the elderly population, providing aging in place recommendations for adaptive equipment, specialized technology, falls prevention and home safety.

Services Provided:

Assessment:

- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Self-care Assessment
- ADL/IADL Assessment
- Worksite Assessment
- Ergonomic Assessment
- Return to work Assessment

Treatment & Intervention:

- Individual treatment
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription/provision
- Employee Early Intervention
- Workplace Accommodation
- Return to work programming

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Surrounding Area

Languages: English, Polish

BLOCK BUILDING THERAPIES

Nicole Beauchesne, O.T. Reg. (MB)
830 St. Mary's Rd.
Winnipeg, MB R2M 3P4

Phone: (204) 231-0785
Fax: (204) 231-4442
Email: info@blockbuilding.ca
Website: www.blockbuilding.ca

Summary of Practice: Assessment, therapy and consultation for children and adults.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Medical Legal / Future Cost of Care

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Aquatic movement therapy
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Early Intervention Program for Concussion
- Concussion care/management
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Scar management
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention

Block Building Therapies ... continued

- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Independent Living Skills
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Early Intervention Program for Concussion
- Concussion care
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Scar management
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Return to work programming
- Workplace Accommodation

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg, Rural Manitoba & Out of Province

Languages: English, French, German

CONCUSSION CARE COMMUNITY CLINIC

Nicole Beauchesne, O.T. Reg. (MB)
830 St. Mary's Rd.
Winnipeg, MB R2M 3P4

Phone: (204) 415-0785
Fax: (204) 231-4442
Email: nicole@concussion-care.ca
Website: www.concussion-care.ca

Summary of Practice: Concussion Care Community Clinic offers individualized assessments and evaluations to children and adults who have been diagnosed with a concussion or mild brain injury.

Services Provided:

For Children:

Treatment & Intervention:

- Early Intervention Program for Concussion
- Concussion care/management
- Self-management skills
- Relaxation strategies
- Education
- Coping strategies
- Mindfulness

For Adults:

Treatment & Intervention:

- Early Intervention Program for Concussion
- Concussion care
- Self-management skills
- Relaxation strategies
- Education
- Coping strategies
- Mindfulness

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba, Out of Province

Languages: English, French

DISCOVERIES IN THERAPY

Rosanne Papadopoulos, O.T. Reg. (MB)
846 Academy Rd.
Winnipeg, MB R3N 0C7

Phone: (204) 254-3146

Fax: (204) 253-6105

Email: rosanne@discoveriesintherapy

Website: www.discoveriesintherapy.com

Summary of Practice: Discoveries in Therapy is a business that focuses on traditional and unique (to Manitoba) occupational therapy strategies and practices. Traditional approaches include fine motor, sensory processing and social/emotional strategies. Unique strategies include relationship based therapies for parents and their children with social learning challenges, and Integrated Learning Systems or Rhythmic Movement Training (reflex integration) for those with sensory or learning challenges. We aim to help our clients make “discoveries” about themselves!

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Environmental Assessment
- ADL/IADL
- Primitive and postural reflexes
- Relationship skills

Treatment & Intervention:

- Individual treatment
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Relationship Development Program (RDI)
- Integrated Listening (ILS)
- Rhythmic Movement (Reflex Integration)
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Workshops
- Anger management
- Coping strategies
- Mindfulness
- Bal-a-vis X
- Developmental Individual-difference Relationship based (Floortime)

For Adults:

Assessment:

- Mental health Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment

Treatment & Intervention:

- Individual treatment
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills

Discoveries in Therapy ... *continued*

- Sensory Processing
- Primitive and Postural Reflexes
- Relaxation strategies
- Education
- Workshops
- Counselling – individual, couples, family
- Anger management
- Coping strategies
- Mindfulness
- Integrated Listening Systems
- Rhythmic Movement Training & Reflex Integration
- Relationship Development Intervention (for parents)
- Sensory Processing

Client Age Range: Preschool, School Age Children, & Adults

Area Served: Winnipeg & Rural Manitoba (excluding Northern Manitoba), Out of Province

Languages: English

ENABLING ACCESS INC.

Marnie Courage, O.T. Reg. (MB)
1431 Corydon Ave
Winnipeg, MB R2N 0J2

Phone: (204) 475-0433
Fax: (204) 475-4011
Email: marnie@enablingaccess.ca
Website: www.enablingaccess.ca

Summary of Practice: Enabling Access Inc. provides community and clinic-based rehabilitation and workplace disability management services, hosts educational workshops, instructs University level courses, and offers expert speaking engagements at conferences. Our Rehabilitation OT's specialize in working with clients who have sustained spinal cord injuries, mild traumatic brain injuries/concussions, and those living with Mental Health conditions. We determine current functional abilities, home modifications, and return to work accommodations, considering physical, cognitive and psychosocial potential. Our workplace disability management OT's specialize in preventative ergonomics and connecting health and safety, with efficient stay at work, and return to work programming. As Inclusive Design Specialists, our accessibility auditing and consultative services assist employers in creating inclusive workplaces.

Services Provided:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Affective / Emotional Assessment
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Early Intervention Program for Concussion
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Community reintegration
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Return to work programming
- Employee Early Intervention

Enabling Access Inc. ... *continued*

- Functional Capacity Evaluation (FCE)
- Functional Abilities Assessment (FAE)
- Workplace risk / Job Hazard Assessment
- Cognitive Job Demands Analysis
- Cognitive Functional Capacity Evaluations
- Assistive Technology & Computer Access Assessments & Equipment Trials (ergoLAB)
- Hospital Discharge Planning
- Vehicle Accessibility Assessments
- Post-concussive Visual & Vestibular System Screenings
- BrainFX 360 Tablet-based Cognitive Assessments
- SAFE Living Manitoba – Functional Screening, Residential Access Assessment, Home Modification and Support Service Consultation
- Workplace Accessibility and Accommodation Audits
- Psychological Safety in the Workplace Audits
- Office and Industrial Ergonomic Assessments
- Workplace Accommodation
- Mental Health – Progressive Goal Attainment program, Behavioral Activation
- Cognitive Rehabilitation – Goal Management Training, Pacing and Points
- Assistive Technology Training
- Visual and Vestibular Return to Work Conditioning
- Caregiver Safety Training (Lifts and transfers)
- Workplace Accessibility and Accommodation Consultation and Training
- Worker Level Training – Office Ergonomics, Customized Manual Material Handling, Safe Patient Lifting and Transferring
- Management Level Training – Office Ergonomics Evaluator Training, ErgoEye Industrial Ergonomics Training, Successful Disability Management-Connecting HR and Safety, Safety considerations for the Aging Worker
- Psychological Safety in the Workplace Training and Consultation
- Assistive Technology and Computer Access Equipment trials (ergoLAB)
- Assistive Technology and Computer Access Training

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English

EVOLVE OCCUPATIONAL THERAPY SERVICES

Charlene Mathison, O.T. Reg. (MB)
Box 956
Lenore, MB R0M 1E0

Phone: (204) 838-2429
Fax: (204) 838-2431
Email: charlenemathison@evolveot.com

Summary of Practice: Home based occupational therapy assessment, intervention & consultative services.

Services Provided:

For Children:

Assessment:

- Concussion Baseline & Post Injury Assessment

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Concussion baseline & post injury assessment
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- Concussion care

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Early Intervention Program for Concussion
- Concussion care
- Self-management skills
- Education
- Workshops
- Equipment prescription/provision
- Return to work programming
- Workplace Accommodation

Client Age Range: School Age Children, Adults & Seniors

Area Served: Prairie Mountain Health

Languages: English

KINEX OCCUPATIONAL THERAPY

Kym Kaufmann, O.T. Reg. (MB), BA, MOT
Shannon Bazilewich, O.T. Reg. (MB), BA, MOT

Phone: (204) 999-4171
Fax: (204) 272-5650
Email: info@kinextherapy.com
Website: www.kinextherapy.com

Summary of Practice: Kinex Therapy provides occupational therapy services for children, adolescents, adults and older adults aimed at improving function, maximizing independence, and preventing injuries. Kinex Therapy also provides medical legal consultation, functional abilities evaluations and workplace services to assist in reducing the frequency, duration, time loss, and related disability of physical or mental health concerns.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Visual Motor Skills
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Environmental Assessment
- ADL/IADL
- Medical Legal / Future Cost of Care
- Independent Living Skills

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Early Intervention Program for Concussion
- Concussion care/management
- Relaxation strategies
- Education
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)

Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Education

Kinex Occupational Therapy ... continued

- Self-care Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Medical Legal / Future Cost of Care
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace risk / Job Hazard Assessment
- Workshops
- Psychosocial rehabilitation /therapy
- Counselling – individual, couples, family
- Community reintegration
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Fall Prevention
- Equipment prescription/provision
- Return to work programming
- Employee Early Intervention
- Workplace Accommodation

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Kenora, ON

Languages: English

MAXIMIZE HUMAN CAPABILITIES - MHC

Lorraine Mischuk, O.T. Reg. (MB) and Associates
P.O. Box 28081 RPO North Kildonan
Winnipeg, MB R2G 4E9

Phone: (204) 453-8705
Fax: (204) 453-8706
Email: info@maxot.ca
Website: www.maxot.ca

Summary of Practice: Whole Integrated Person Approach for assessment and treatment related to mental health, physical health, brain health, spiritual health, return to work/stay at work, community living.

Services Provided:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Medical Legal / Future Cost of Care
- Affective / Emotional Assessment
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Health education / injury prevention
- Resource / systems coordination
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Repetitive strain injury splinting
- Splinting
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Medical case consultation
- Barrier free design
- Equipment prescription/provision
- Return to work programming
- Employee Early Intervention
- Workplace Accommodation

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Surrounding Area, Southern Health Region, Interlake Eastern Region

Languages: English, Ukrainian, Portuguese, Spanish



Manitoba Society of Occupational Therapists
2018-19 Private Practice Directory

Updated: June 9, 2018

MEGAN LAND McCARTHY OCCUPATIONAL THERAPY SERVICES

Megan Land McCarthy, O.T. Reg. (MB)
191 Kingsway Ave.
Winnipeg, MB R3M 0G4

Phone: (204) 293-7043

Email: mlandmccarthy@gmail.com

Summary of Practice: Therapy provided for children, adolescents and families in a variety of environments. Treatment is guided by attachment and sensory based theories and utilizes the family to help identify goals, strengths and facilitate growth. Megan's interests and passion include working therapeutically with children and adolescents who have experienced trauma, struggling with mental health issues such as anxiety, ODD, OCD, ASD or ADD/ADHD as well as Neuro-developmental and sensory processing disorders. Intervention can be provided in a consultative manner, individually or group. Therapist has specialized training in areas of attachment and Trauma. Megan is also a service provider for CFS agencies.

Services Provided:

For Children:

Assessment:

- Coordination/Motor skills Assessment
- Body Awareness/Core Strength Assessment
- Self-regulation/Sensory processing Assessment
- Attention Assessment
- Assessment of Play Skills
- Fine Motor Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Goal Attaining Scaling

Treatment & Intervention:

- Individual treatment
- Group treatment
- Return to school planning
- Printing/Handwriting
- Self-regulation/Zones of regulation/How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skills development
- Cognitive Behaviour Therapy (CBT)
- Relaxation strategies
- Education
- Counselling
- Anger management
- Coping strategies
- Sleep consultation and coaching

For Adults:

Assessment:

- Mental health Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling

Treatment & Intervention:

- Individual treatment
- Group treatment
- Health education / injury prevention
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation /therapy

- Counselling – individual, couples, family
- Anger management
- Coping strategies

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Surrounding Area

Languages: English

ON THE SPECTRUM THERAPY SERVICES

Tamara Rogers, O.T. Reg. (MB)
297 St. Mary's Road, 2nd floor
Winnipeg, MB R2H 1J5

Phone: (204) 415-7656

E-mail: tamara@onthespectrumtherapy.com

Website: www.onthespectrumtherapy.com

Summary of Practice: On The Spectrum Therapy offers a wide range of therapeutic and educational services to support individuals, couples, families and communities living with mental health difficulties. Consultation, assessment and treatment are available for those experiencing impairments related to Autism Spectrum Disorder, ADHD, Depression, Anxiety, OCD, Tourette Disorder, Parent-child relational difficulties, and Psychoses. Educational workshops are provided across Manitoba for school divisions and First Nations Communities. Services are also provided to Veterans Affairs Canada.

Services Provided:

For Children:

Assessment:

- Sensory processing / Self-regulation
- Attention
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Goal Attainment Scaling
- Motivation
- Functional Communication
- Parenting children with neurodevelopmental concerns

Treatment & Intervention:

- Individual treatment
- Return to school planning
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Sleep consultation and coaching
- Parenting children with neurodevelopmental concerns

For Adults:

Assessment:

- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Cognitive Behaviour Therapy (CBT)

On the Spectrum ... *continued*

- Self-care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Veterans Affairs Canada contracts for OT assessment and treatment
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops
- Psychosocial rehabilitation /therapy
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Self-awareness, social skills & executive functioning

Client Age Range: Preschool, School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Out of Province

Languages: English, French

OPTIMIZE OCCUPATIONAL THERAPY SERVICES

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Summary of Practice: Optimize Occupational Therapy Services is a Manitoba wide company, with Occupational Therapists living in regions throughout Manitoba, as well as travelling to all regions in the province. Optimize has specialists in ergonomics, wheelchair and seating, home and safety assessments, program development, lift and transfer specialists, Jordan Principal programming, and many more. Optimize is able to complete educational sessions to individuals or organizations on various topics relevant to home, work, or personal care home settings, and works with various funding sources to help provide a comprehensive service for Manitobans.

Services Provided:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, ROM)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Transfers
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)

Treatment & Intervention:

- Individual treatment
- Health education / injury prevention
- Self-management skills
- Relaxation strategies
- Education
- Mindfulness
- Equipment prescription/provision
- Return to work programming
- Workplace Accommodation
- Education Sessions

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Out of Province

Languages: English, French, Filipino



Manitoba Society of Occupational Therapists
2018-19 Private Practice Directory

Updated: June 9, 2018

PERSONAL BEST THERAPY

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Summary of Practice: Personal Best Therapy provides high quality, comprehensive occupational therapy services (assessment, treatment, consultation) to pediatric and adult clients in his/her home or community setting. We recognize the importance of a successful transition from an injury or illness to community integration, striving to attain the highest level of independence and function appropriate to the age of the client. The caregiver/family plays an integral role in the therapy process with the pediatric population. Personal Best Therapy works collaboratively with the client, his/her multidisciplinary team, school personnel, etc., to help each client achieve his/her goals.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Attention
- Learning
- Visual Motor Skills
- Self-care
- Play Skills
- Feeding / Oral Motor
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (e.g. scarring, ROM)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Job demands analysis
- Ergonomic Assessment

Treatment & Intervention:

- Individual treatment
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Self-regulation / Zones of regulation / How Does your Engine Run
- Social thinking
- Executive function skills
- Fine motor skill development
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Scar management
- Coping strategies

Treatment & Intervention:

- Individual treatment
- Health education / injury prevention
- Relaxation strategies
- Repetitive strain injury splinting
- Splinting
- Scar management
- Upper extremity rehab
- Community reintegration
- Equipment prescription/provision

Personal Best Therapy ... continued

Client Age Range: Preschool, School Age Children, & Adults

Area Served: Winnipeg & Rural Manitoba

Languages: English, American Sign Language (ASL) Levels 1-6 and ASL Intensive completed but writer is not fluent in ASL.

PROACTIVE REHABILITATION & THERAPY

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Website: proactivetherapy.com

Summary of Practice: Proactive Rehabilitation offers exceptional OT services geared towards mental health, employment/school success, counselling and nutrition. We aim to deliver the best evidence-based therapy for children, adolescents and adults. If you are looking for effective treatment and timely results, choose Proactive.

Services Provided:

For Children:

Assessment:

- Sensory processing / Self-regulation
- Learning
- Visual Motor Skills
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- ADL/IADL
- Independent Living Skills
- Reading

For Adults:

Assessment:

- Functional Home / Safety
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- Affective / Emotional Assessment
- Post-Offer / Pre-employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of duties Assessment

Treatment & Intervention:

- Individual treatment
- Aquatic movement therapy
- Printing / Handwriting
- Social thinking
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Counselling
- Anger management
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching

Treatment & Intervention:

- Individual treatment
- Group treatment
- Disability management
- Early Intervention Program for Concussion; Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Workshops
- Psychosocial rehabilitation / therapy
- Workplace Accommodation
- Counselling – individual, couples, family
- Community reintegration

Proactive Rehabilitation & Therapy ... *continued*

- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Return to work programming
- Equipment prescription / provision
- Employee Early Intervention
- Workplace Accommodation

Client Age Range: Preschool & School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English & French

THERAPY FIRST

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Summary of Practice: Assessment and intervention within the client's home and community to enable maximal independence and safety. Therapy first has a special interest in Spinal Cord Community rehabilitation, wheelchair seating and mobility and home accessibility.

Services Provided:

For Children:

Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Learning Assessment
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Transfer Assessment
- Assessments above as they relate to spinal cord injury rehab**

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Equipment prescription/provision
- Return to school planning
- Printing / Handwriting
- Seating & Mobility
- 24 hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training

For Adults:

Assessment:

- Personal care assistance (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment

Treatment & Intervention:

- Individual treatment
- Universal design / barrier free design
- Health education / injury prevention
- Resource / systems coordination
- Self-management skills
- Education
- Workshops – Prairie Seating Workshop & Trade Show
- Splinting
- Upper extremity rehab
- Community reintegration
- Coping strategies
- Barrier free design
- Equipment prescription/provision

Therapy First ... continued

- ADL/IADL Assessment
- Independent Living Skills
- SAEBO Orthosis & Treatment Program
- Pressure Sore Assessments
- Transfer Assessments
- Mobility Training
- Seating/Wheelchair Fitting & Evaluation
- 24 Hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training

Client Age Range: School Age Children, Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Could certify in US

Languages: English

WORK-ABLE SOLUTIONS

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Summary of Practice: Work-Able Solutions is an occupational therapy and ergonomics consulting firm based in Winnipeg, Manitoba. We have been in operation since 1998, and offer a team of occupational therapists with diverse clinical training and expertise. Our rehabilitation services enable individuals to regain ability and function at home, at work, and in the community. Our ergonomic and workplace services are tailored to reduce injury risk, manage disability, improve productivity, facilitate return to work, and identify accommodation solutions.

Services Provided:

Assessment:

- Personal care assistance (PCA)
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental health Assessment
- Permanent impairment Assessment (e.g. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace risk / Job Hazard Assessment
- Cognitive and Psychological Job Demands Analysis
- Workplace Accommodation Assessment

Treatment & Intervention:

- Individual treatment
- Group treatment
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Early Intervention Program for Concussion
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education and Workshops
- Psychosocial rehabilitation /therapy
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Equipment prescription/provision
- Return to work programming
- Employee Early Intervention
- Workplace Accommodation
- Mental Health Early Intervention and Attendance Support
- Return to Work & Stay at Work Services in Physical and Mental Health
- Ergonomics and Body Mechanics Training
- Health & Wellness Workshops
- Ergonomics & Accommodation Policy Development

Work-Able Solutions ... continued

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English