


## **COMPLETE LISTING**

*(including Adult, Children & Return to Work/Ergonomic Services)*

### **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 OTs accept self-referrals, or referrals from family, school, or other health professionals. 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 OTs that provide service for that area.
3. Open "Bookmark" icon (  ). Click on the Bookmark link to go directly to that page.
4. Need more help? Contact the MSOT office for additional support ( [msot@msot.mb.ca](mailto:msot@msot.mb.ca) or 204-957-1214, ext. 21).
5. 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.*

# MANITOBA OCCUPATIONAL THERAPY PRIVATE PROVIDERS 2019-20

## Apex Therapy Services

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

## Evolve Occupational Therapy Services

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

## Approaching Function

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

## Kinex Therapy

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

## B.A. Kowalski Group

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

## Maximize Human Capabilities

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

## Block Building Therapies

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

## On The Spectrum Therapy

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

## Blooming Abilities

Heidi Garcia, O.T. Reg. (MB)  
 bloomingabilities@gmail.com  
 PH: 204-999-6951 [www.bloomingabilities.com](http://www.bloomingabilities.com)

## Optimize Occupational Therapy Services

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

## Choice Children's Multi-Rehabilitation Services

Leslie Assor, O.T. Reg. (MB)  
 leslieassor@outlook.com  
 PH: 204-339-0138

## Personal Best Therapy

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

## Concussion Care Community Clinic

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

## Prairie Crocus Therapy

Linda Harrison, O.T. Reg. (MB)  
 linda@prairiecrocustherapy.com  
 PH: 204-808-8604 [www.prairiecrocustherapy.com](http://www.prairiecrocustherapy.com)

## Discoveries in Therapy

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

## Proactive Rehabilitation & Therapy

David Chochinov, O.T. Reg. (MB)  
 proactivetherapymb@gmail.com  
 PH: 204-229-7334 [www.proactivetherapymb.com](http://www.proactivetherapymb.com)

## Emerge Therapy Services

Megan Land McCarthy, O.T. Reg. (MB)  
 mlandmccarthy@gmail.com  
 PH: 204-293-7043 [www.emergetherapyservices.com](http://www.emergetherapyservices.com)

## Therapy First

Corinna Klassen, O.T. Reg. (MB)  
 PH: 204-612-0399  
 ot@therapyfirst.ca  
[www.therapyfirst.ca](http://www.therapyfirst.ca)

## Enabling Access Inc.

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

## Work-Able Solutions

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

# 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](mailto:russel@apextherapyservices.ca)

Website: [www.apextherapyservices.ca](http://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 Capacity Evaluations (FCE)
- 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](mailto: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](mailto: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](mailto:info@blockbuilding.ca)  
Website: [www.blockbuilding.ca](http://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

- 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

# BLOOMING ABILITIES

Heidi Garcia, O.T. Reg. (MB)  
P.O. Box 37014, St. Vital Centre  
1 - 785 Dakota Street  
Winnipeg, MB R2M 5R3

Phone: (204) 999-6951  
Fax: Please call for fax number  
Email: [bloomingabilities@gmail.com](mailto:bloomingabilities@gmail.com)  
Website: [www.bloomingabilities.com](http://www.bloomingabilities.com)

**Summary of Practice:** Blooming Abilities is a private pediatric Occupational Therapy practice that helps children “blossom to their full potential” by working with children to grow and develop skills which are challenging for them – helping children master skills, achieve independence, gain confidence, and be successful in all they want or need to do. We are a family centered practice, identifying goals with the family and also supporting families to better understand, assist and encourage their child. Interventions may be provided individually or in a small group setting to enable children to learn together. Please contact for in-services or workshops for your preschool, daycare or team.

## Services Provided:

### Assessment:

- Coordination / Motor skills
- Body Awareness / Core Strength
- Sensory processing / Self-regulation
- Visual Motor Skills
- Self-care
- Fine motor skills
- Printing
- Executive function skills

### 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 skill development
- Concussion care/management
- Rhythmic Movement (Reflex integration)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Coping strategies
- Mindfulness
- Self-care (dressing skills, hygiene, sleep)
- Organization skills
- Motor planning & coordination

**Client Age Range:** Preschool & School Age Children

**Area Served:** Winnipeg & Surrounding Area; Please contact re: service for areas in rural MB

**Languages:** English



# CHOICE CHILDREN'S MULTI-REHABILITATION SERVICES

Leslie Assor, O.T. Reg. (MB)  
1345 Pembina Highway  
Winnipeg, MB R3T 2B6

Phone: (204) 339-0138  
Email: [leslieassor@outlook.com](mailto:leslieassor@outlook.com)

**Summary of Practice:** Comprehensive assessment, direct intervention and/or consultation. Services may be provided in the home, Occupational Therapy clinic or a community-based site; individually or small groups depending on client needs. Occupational Therapy clinic provides direct therapy in a safe, child-friendly and sensory rich treatment environment. Services are directed towards promoting children's development, learning and emotional well-being at home, school and/or other community settings. Treatment is family centered where therapists and families become partners in identifying priorities and collaborating to best meet their child's needs. Therapist is Sensory Integration Certified with advanced training in assessment and treatment of sensory processing disorders.

## Services Provided:

### 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
- Independent Living Skills
- Anxiety/OCD
- Social, Emotional & Behavioural challenges

### Treatment & Intervention:

- Individual treatment
- Group 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
- Relationship Development Program (RDI)
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education and/or Workshops
- Counselling
- Anger management
- Coping strategies
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching
- Sensory Integration Therapy

**Client Age Range:** Preschool & School Age Children

**Area Served:** Winnipeg & Surrounding Area

**Languages:** English, American Sign Language



Manitoba Society of Occupational Therapists  
2019-20 Private Practice Directory

Updated: July 19, 2019

# 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](mailto:nicole@concussion-care.ca)  
Website: [www.concussion-care.ca](http://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 & Adults:

### **Treatment & Intervention:**

- Concussion care/management, including Pacing & planning strategies
- Self-management skills
- Relaxation strategies
- Education & Access to Resources
- Coping strategies
- Mindfulness
- Group Therapy

### **Programs:**

- Early Intervention Program
- Reactivation Program (Persistent Post-Concussion diagnosis)

**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)  
468 Academy Rd.  
Winnipeg, MB R3N 0C7

Phone: (204) 254-3146  
Fax: (204) 253-6105

Email: [rosanne@discoveriesintherapy.com](mailto:rosanne@discoveriesintherapy.com)  
Website: [www.discoveriesintherapy.com](http://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, and Integrated Listening Systems and 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 / Co-regulation
- Picky Eaters and Problem Feeders
- 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
- Social thinking
- Executive function skills
- Relationship Development Program (RDI)
- Integrated Listening Systems (ILS)
- Safe and Sound Protocol developed by Dr. S. Porges
- 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

### For Adults:

#### Assessment:

- Environmental Assessment
- ADL/IADL Assessment
- Affective / Emotional Assessment
- Sensory Processing
- Feeding Challenges
- Primitive and Postural Reflexes

#### Treatment & Intervention:

- Individual treatment
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops

- Self-regulation
  - 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, French

# EMERGE THERAPY SERVICES

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

Phone: (204) 293-7043

Email: [mlandmccarthy@gmail.com](mailto:mlandmccarthy@gmail.com)

Website: [www.emergetherapyservices.com](http://www.emergetherapyservices.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, are 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

## 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](mailto:marnie@enablingaccess.ca)  
Website: [www.enablingaccess.ca](http://www.enablingaccess.ca)

**Summary of Practice:** We are enabling access to improved health, well-being, safety, and accessibility for individuals and workplaces in Manitoba and Northern Ontario. We assist workplaces in reaching their health and safety goals through injury prevention and disability management services. Our Rehabilitation Services focus on assisting clients with mental health issues, complex medical conditions, spinal cord injuries, and acquired brain injuries/concussions in optimizing ability and function. We offer Pediatric Occupational Therapy to help children from infancy through adolescence to reach their full potential with individualized clinic and community-based direct and group therapy. Our unique Safe Living Manitoba Home Modification program is helping to create accessible and safe homes for individuals with disabilities and those wanting to age in place. With 15 years in business, Enabling Access is a leader in workplace disability management, rehabilitation, and accessibility. Our expert occupational therapists are presenting frequently at conferences, teaching University level courses, and providing medical-legal services for personal injury firms internationally.

### Services Provided:

#### For Children:

##### Assessment:

- Coordination / motor skills assessment
- Body awareness / Core strength Assessment
- Self-regulation / Sensory Processing Assessment
- Attention Assessment
- Learning Assessment
- Visual Motor Assessment
- Self-care Assessment
- Assessment of Play Skills
- Feeding / Oral Motor Assessment
- Fine motor Assessment
- Printing Assessment
- Seating / Wheelchair / Equipment Assessment
- Environmental Assessment
- ADL / IADL Assessment
- Medical Legal / Future Cost of Care
- Independent Living Skills
- Goal Attainment Scaling
- Home Modifications

##### Treatment & Intervention:

- Individual treatment
- Group treatment
- Universal design / barrier free design
- 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
- Relationship Development Program (RDI)
- Integrated Listening Systems (ILS)
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops

- Counselling
- 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
- 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
- Functional Capacity Evaluation (FCE)
- Functional Abilities Assessment (FAE)
- Workplace risk / Job Hazard Assessment
- Cognitive Job Demands Analysis
- BrainFX 360 Cognitive Assessments
- Cognitive Functional Capacity Evaluations
- Physical Functional Capacity Evaluations
- Vehicle Accessibility Assessments
- Post-offer Employment Testing
- Industrial Ergonomics
- Mild Brain Injury/Concussion Work Conditioning

**Treatment & Intervention:**

- Individual treatment
- Group treatment
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription / provision
- 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
- Employee Early Intervention
- Workplace Accommodation
- Repetitive strain injury splinting
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Medical case consultation
- Barrier free design
- Return to work programming
- Hospital Discharge Planning
- Safe Living Manitoba- Home Modification Program
- Brain Injury/Concussion Work Conditioning
- Accessible Home Building Consultation
- Psychological Health and Safety Audits and Training



- Ergonomics and Assistive Technology Equipment -ERGOLAB
- Computer Access Assessments
- Customized Worker and Supervisor training sessions
- Ergonomic Design Consultation
- Universal Design and Accessibility Audit and Consultation
- Ergonomics Training
- Disability Management and Employee Accommodation Training
- MSI Prevention Training

**Client Age Range:** Children, Adults & Seniors

**Area Served:** Winnipeg & Rural Manitoba, Northern Ontario

**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](mailto: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](mailto:info@kinextherapy.com)  
Website: [www.kinextherapy.com](http://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

- 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](mailto:info@maxot.ca)  
Website: [www.maxot.ca](http://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
- Affective / Emotional Assessment
- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Worksite Assessment
- Job demands analysis (Physical, Cognitive, Psychosocial)
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace risk / Job Hazard Assessment
- Cost of Future Care / Life Care Plans

### 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

# ON THE SPECTRUM THERAPY SERVICES

Tamara Rogers, MSc., BMR (OT), O.T. Reg. (MB)  
297 St. Mary's Road, 2<sup>nd</sup> floor  
Winnipeg, MB R2H 1J5

Phone: (204) 415-7656

E-mail: [tamara@onthespectrumtherapy.com](mailto:tamara@onthespectrumtherapy.com)

Website: [www.onthespectrumtherapy.com](http://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)

- 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

Julie Bell, O.T. Reg. (MB)  
963 Henderson Highway  
P.O. Box 35031, Winnipeg, MB R2K 2M0

Phone: (204) 471-0861  
Fax: (204) 283-8405  
Email: [julie.optimizeot@shaw.ca](mailto:julie.optimizeot@shaw.ca)  
Website: [www.optimizeot.ca](http://www.optimizeot.ca)

**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



# PERSONAL BEST THERAPY

Gail McMillan-Law, O.T. Reg. (MB)  
27 Florian Place  
Winnipeg, MB R2N 3S2

Phone: (204) 781-6450  
Fax: (204) 255-8295  
Email: [personalbesttherapy@shaw.ca](mailto:personalbesttherapy@shaw.ca)

**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

**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.

# PRAIRIE CROCUS THERAPY

Linda Harrison, O.T. Reg. (MB)  
P.O. Box 39081 Inkster Park  
Winnipeg, MB R2X 3B3

Phone: (204) 808-8604  
Fax: (204) 202-7934

Email: [linda@prairiecrocustherapy.com](mailto:linda@prairiecrocustherapy.com)  
Website: [www.prairiecrocustherapy.com](http://www.prairiecrocustherapy.com)

**Summary of Practice:** Prairie Crocus Therapy specializes in adult mental health occupational therapy services. We provide therapy directly to individuals and we also work with insurance companies to help people to prepare for a return to work after being off on disability due to mental health problems. We are certified to advise companies on implementing Canada's National Standard for Psychological Health and Safety in the Workplace and we teach Mental Health First Aid courses.

## Services Provided:

### For Adults:

#### Assessment:

- Cognitive Assessment
- Functional Assessment
- Mental health Assessment
- Affective/Emotional Assessment
- Independent Living Skills
- Goal Attainment Scaling
- Return to work Assessment

#### Treatment & Intervention:

- Individual treatment
- Health education / injury prevention
- Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Education
- Workshops
- Psychosocial rehabilitation/therapy
- Employee Early Intervention
- Workplace Accommodation
- Counselling – individual, couples, family
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Exposure therapy
- Behavioural activation
- Motivational interviewing
- Return to work programming
- Workplace Accommodation

**Client Age Range:** Adults

**Area Served:** Winnipeg & surrounding area

**Languages:** English



Manitoba Society of Occupational Therapists  
2019-20 Private Practice Directory

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# PROACTIVE REHABILITATION & THERAPY

David Chochinov, O.T. Reg. (MB)  
1805 – 55 Nassau St. North  
Winnipeg, MB R2N 3S2

Phone: (204) 299-7334

Fax: (204) 582-2173

Email: [proactivetherapymb@gmail.com](mailto:proactivetherapymb@gmail.com)

Website: [proactivetherapymb.com](http://proactivetherapymb.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

For Adults:

**Assessment:**

- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)

**Treatment & Intervention:**

- 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

Corinna Klassen, O.T. Reg. (MB)  
P.O. Box 28017  
Winnipeg, MB R2G 4E9

Phone: (204) 612-0399  
Fax: (204) 669-7114  
E-mail: [ot@therapyfirst.ca](mailto:ot@therapyfirst.ca)  
Website: [www.therapyfirst.ca](http://www.therapyfirst.ca)

**Summary of Practice:** Therapy First provides community based rehabilitation and assessment and intervention within the client's home and community to enable maximal independence and safety. Therapy first has special interests in spinal cord community rehabilitation, wheelchair seating and mobility, skin/wound/pressure management, home accessibility/safety assessments, assistive technology, upper extremity rehabilitation, chronic pain management and mental health and addictions. Therapy First hosts educational workshops related to seating and mobility.

## Services Provided:

### For Children:

#### Assessment:

- Coordination / Motor skills
- Self-regulation / sensory processing
- Attention
- Self-care
- Play Skills
- Fine motor skills
- Printing
- Seating / Wheelchair / Equipment
- Environmental Assessment
- ADL/IADL
- Independent Living Skills
- Goal Attainment Scaling
- Transfer Assessment
- Assessments above as they relate to spinal cord injury rehab\*\*

#### Treatment & Intervention:

- Individual treatment
- Return to school planning
- Printing / Handwriting
- Fine motor skill development
- Self-regulation / Zones of Regulation / How does your engine run
- Social Thinking
- Seating & Mobility
- 24 hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training
- Rhythmic Movement
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Anger management
- Coping strategies
- Mindfulness
- Sleep consultation and coaching

### For Adults:

#### Assessment:

- Personal care assistance (PCA)
- Accessibility

#### Treatment & Intervention:

- Individual treatment
- Group treatment

- 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
- Goal Attainment Scaling
- Seating/Wheelchair Fitting & Evaluation
- Pressure Sore Assessments
- Transfer Assessments
- Comprehensive mental health assessment available for adults living with longstanding or new onset mental health concerns
- Universal design / barrier free design
- Disability management
- Health education / injury prevention
- Resource / systems coordination
- Equipment prescription / provision
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Workshops – Prairie Seating Workshop & Trade Show
- Psychosocial rehabilitation / therapy
- Counselling – individual, couples, family
- Upper extremity rehab
- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Barrier free design
- SAEBO Orthosis & Treatment Program
- Mobility Training
- 24 Hour Postural Care
- Pressure Sore Prevention & Management
- Transfer Training
- Resource/systems coordination particularly as it relates to the navigation of adult mental health systems and associated resources.

**Client Age Range:** Children, Adults & Seniors

**Area Served:** Winnipeg & Rural Manitoba

**Languages:** English, Cambodian

# WORK-ABLE SOLUTIONS

Elaine Huzel, O.T. Reg. (MB)  
P.O. Box 38033  
Winnipeg, MB R2E 1H3

Phone: (204) 338-0601  
Fax: (204) 334-8898  
E-mail: [elaine@workablesolutions.ca](mailto:elaine@workablesolutions.ca)  
Website: [www.workablesolutions.ca](http://www.workablesolutions.ca)

**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



**Client Age Range:** Adults & Seniors

**Area Served:** Winnipeg & Rural Manitoba

**Languages:** English