



2021 - 2022 Private Practice Directory

Return to Work Services / Ergonomics

7 - 120 Maryland Street
Winnipeg, MB R3G 1L1
Ph: (204) 957-1214
Toll-free in MB: (866) 957-1214
Fax: (204) 775-2340
Email: msot@msot.mb.ca



Manitoba Society of Occupational Therapists

www.msot.mb.ca

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




PRIVATE PRACTICE DIRECTORY 2021-2022

Return to Work / Ergonomic Services Listing

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 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.

APEX THERAPY SERVICES

Phone: (204) 415-3973

Fax: (204) 221-8847

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

Email: russel@apextherapyservices.ca
Website: www.apextherapyservices.ca

Services Provided:

Assessment:

- **Job Demands Analysis/Ergonomics**
- **Mental Health Assessment**
- Personal Care Assessment (PCA)
- Covid-19 Recovery Assessment
- Accessibility Assessment
- Home Safety Assessment Cognitive Assessment
- Mobility Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Workplace Assessment
- Ergonomic Assessment
- Return to Work Assessment
- Functional Capacity Evaluations (FCE)
- Functional Abilities Assessment (FAE)
- Workplace Risk/Job Hazard Assessment

Treatment & Intervention:

- **Return to Work Programs**
- Covid-19 energy conservation/ adaptive aides
- Individual treatment
- Barrier-free consultation
- Disability management
- Health education / Injury prevention
- Concussion care
- Self-management skills
- Relaxation strategies
- Workshops
- Psychosocial rehabilitation/therapy
- Repetitive strain injury splinting
- Community reintegration
- Exposure therapy
- Equipment prescription/provision
- Employee disability management
- Workplace accommodation

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:

- Functional Home/Safety Assessment
- Ergonomic Assessment
- Return to Work Assessment
- Personal Care Assessment (PCA)
- Accessibility
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Permanent Impairment Assessment (i.e. scarring, range of motion)
- Self-care Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- ADL/IADL Assessment
- Independent Living Skills
- Workplace Assessment
- Job Demands Analysis
- Percentage of Duties 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 Occupational Therapy & Rehabilitation Consultants provide 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 Group 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:

- Ergonomic Assessment
- Functional Home/Safety Assessment (Certified Aging in Place provider)
- Accessibility
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Self-care Assessment
- ADL/IADL Assessment
- Worksite Assessment
- Return to work Assessment

Treatment & Intervention:

- Disability management
- Individual treatment
- 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:

- Pediatric assessments
- 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:

- 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
- Concussion care/management
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- Scar management
- Anger management
- Coping strategies
- Mindfulness
- Sleep consultation and coaching

For Adults:

Assessment:

- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Permanent Impairment Assessment (i.e. 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
- Workplace 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
- Concussion care
- Self-management skills
- Relaxation strategies
- Sexuality education
- Education
- 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) 231-0785
Fax: (204) 231-4442
Email: info@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 & Adults:

Treatment & Intervention:

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

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

Area Served: Winnipeg & Rural Manitoba, Out of Province

Languages: English, French

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: We are your ability and inclusion specialists! For more than 16 years we have been providing services in the areas of adult occupational therapy, specializing in mental health treatment, cognitive work conditioning, and conducting mobility and functional assessments. We are experts in Home Modification Assessments and Accessible Housing consultation both locally and on a national level. For workplaces, we specialize in ergonomics, mental health, disability accommodation and workplace accessibility through our multidisciplinary accessibility auditing, consultation and training, helping to create inclusive workplaces for all. If you are looking for medical-legal experts and certified Life Care Planners, we conduct Cost of Future Care Assessments, and provide expert opinion for personal injury cases. We aim to make tangible improvements in people's lives, based on our fundamental belief in every person's right to safely experience their daily activities, homes, workplaces and community to the fullest extent possible.

Assessment:

- **Home Modification Assessments and Aging in Place Consultation**
- **Mental Health Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Functional Home/Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (i.e. 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

Treatment & Intervention:

- **Workplace Health and Inclusion**
- **Mental Health Treatment**
- 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
- Education
- Workshops
- Psychosocial rehabilitation/therapy
- Employee early intervention

Assessment (con't)

- Post-Offer Pre-Employment Testing
- Independent Living Skills
- Goal Attainment Scaling
- Workplace 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 WorkConditic

Treatment (con't)

- 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
- Brain Injury/Concussion Work Conditioning
- Accessible Home Building Consultation
- Psychological Health and Safety Audits and Training
- Computer Access Assessments
- Ergonomic Design Consultation
- Build Environment Accessibility Auditing, Website Accessibility Auditing and Accessibility Policy Consultation
- Ergonomics Training
- Disability Management and Employee Accommodation Tr
- MSI Prevention Training

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba; Northwestern 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

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

Services Provided:

For Adults:

Assessment:

- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment
- 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:

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

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

Area Served: Prairie Mountain Health

Languages: English

KINEX THERAPY

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

Phone: (204) 999-3960

Fax: (204) 272-5650

Email: info@kinextherapy.ca

Website: www.kinextherapy.ca

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:

- **Medical Legal / Future Cost of Care**
- 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
- 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:

- **Functional Capacity Evaluation (FCE)**
- **Ergonomic Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Permanent impairment Assessment (i.e. 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

For Adults:

Assessment:

- Mobility Assessment
- Mental Health Assessment
- 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
- Workplace Assessment
- Job Demands Analysis
- Percentage of Duties Assessment
- Return to Work Assessment
- Workplace risk / Job Hazard Assessment

Treatment & Intervention:

- 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 Person Integrated Approach for assessment and treatment related to mental health, physical health, brain health, spiritual health, return to work/stay at work, community living, living with chronic conditions (e.g. Covid-19).

Services Provided:

Assessment:

- **Functional Capacity Evaluation (FCE)**
- **Cognitive Assessment**
- Personal Care Assessment (PCA)
- Accessibility
- Functional Home/Safety Assessment
- Functional Assessment
- Mobility Assessment
- Mental Health Assessment
- Permanent impairment Assessment (i.e. 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
- Workplace Assessment
- Job Demands Analysis (Physical, Cognitive, Psychosocial)
- Percentage of Duties Assessment
- Ergonomic Assessment
- Return to Work Assessment
- Workplace Risk/Job Hazard Assessment
- Cost of Future Care/Life Care Plans

Treatment & Intervention:

- **Psychosocial Rehabilitation/therapy**
- 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
- 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 and Spanish

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

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 a community environment. Our occupational therapists are highly experienced with a background in both acute care settings as well as private therapy. The goal of Personal Best Therapy is to assist clients to attain the highest level of function appropriate to the age of the client. The caregiver/family plays an integral role in the therapy process with the pediatric population, therefore, Personal Best Therapy works collaboratively with the client, his/her family, multidisciplinary team, school personnel, etc., to help each client achieve his/her goals

Services Provided:

For Children:

Assessment:

- **Specialized in Pediatrics - all areas**
- 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 Assessment (PCA)
- Accessibility
- Functional Home / Safety Assessment
- Cognitive Assessment
- Functional Assessment
- Mobility Assessment

Treatment & Intervention:

- **Upper extremity rehabilitation**
- 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:

- **Upper extremity rehabilitation**
- Individual treatment
- Health education / injury prevention
- Relaxation strategies
- Repetitive strain injury splinting

For Adults:

Assessment:

- Functional Assessment
- Mobility Assessment
- Permanent impairment Assessment (i.e. scarring, ROM)
- Self-care Assessment; ADL/IADL Assessment
- Seating, Wheelchair & Equipment Assessment
- Dependent Care Assessment
- Environmental Assessment
- Job Demands Analysis
- Ergonomic Assessment

Treatment & Intervention:

- Splinting
- Scar management
- 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.

PROACTIVE REHABILITATION & THERAPY

David Chochinov, O.T. Reg. (MB)
1805 – 55 Nassau St. North
Winnipeg, MB R3L 2G8

Phone: (204) 299-7334
Fax: (204) 582-2173
Email: proactivetherapymb@gmail.com
Website: proactivetherapymb.com

Summary of Practice: We offer exceptional holistic occupational therapy in a discrete professional setting to meet your needs. Services are available for improvement of mental health, employment, schooling, parenting, fitness, nutrition, pain and/or chronic illness. We aim to deliver the best evidence-based therapies and results for individuals of all ages spanning infancy to older adult. If you are seeking a knowledgeable experienced therapist with a comprehensive approach, we are the right fit for you!

Services Provided:

For Children:

Assessment:

- Sensory processing / Self-regulation
- Learning
- Visual Motor Skills
- Fine & Gross Motor Skills
- Printing
- Seating / Wheelchair / Equipment
- ADL/IADL
- Independent Living Skills
- Reading
- Developmental
- IQ/giftedness
- Parent Child relationship
- School Learning Strategies

Treatment & Intervention

- Mental Health Counselling (all ages)
- Aquatic movement therapy
- Printing / Handwriting
- Social & emotional interpersonal skills
- Executive function skills
- Fine motor skill development
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Anger management
- Mindfulness
- Exposure therapy
- Sleep consultation and coaching

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
- Personality Assessment
- Worksite Assessment

Treatment & Intervention

- Counselling – individual, couples, family
- Career planning & vocational services
- Group treatment
- Schizophrenia/ delusion disorder recovery
- Disability management
- Early Intervention Program for Concussion; Concussion care
- Cognitive Behaviour Therapy (CBT)
- Dialectic Behaviour Therapy (DBT)
- Relaxation strategies
- Workshops
- Psychosocial rehabilitation / therapy

Assessment (con't):

- Ergonomic Assessment
- Return to work Assessment
- Functional Capacity Evaluation (FCE)
- Impact of Psychological Trauma
- Job demands analysis
- Vision/perception

Treatment & Intervention (con't)

- Community reintegration
- Anger management
- Coping strategies
- Mindfulness
- Vocational rehabilitation
- Return to work programming
- Equipment prescription / provision
- Employee Early Intervention
- Workplace Accommodation
- Trauma Therapy

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

Area Served: Winnipeg & Rural Manitoba

Languages: English & French

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: info@workablesolutions.ca
Website: www.workablesolutions.ca

Summary of Practice:

Since 1998, Work-Able Solutions has been dedicated to enhancing health & ability in the workplace and in the daily lives of our clients. We deliver flexible & accessible services that recognize and celebrate the uniqueness of each individual and organization. We have a team of occupational therapists with clinical expertise in ergonomics, injury prevention and wellness training, workplace accommodation, return to work, mental health recovery, cognitive rehabilitation, and helping those who live with complex health conditions maintain independence and safety at home. We will match you with a therapist who can best meet your needs. Known for our creative solutions & exceptional results, we ensure the needs of our clients are met, and expectations are exceeded. We are a company that strives to live by our core values, while providing *solutions for living and working well*.

Services Provided:

Assessment:

- **Functional Home / Safety Assessment**
- **Ergonomics & Workplace Accommodation Assessment**
- Cognitive Assessment
- Mental Health Assessment
- Personal Care Assessment (PCA)
- Functional Assessment
- Mobility Assessment
- Ergonomic Assessment
- Permanent Impairment Assessment (i.e. 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
- Job Demands Analysis
- Percentage of Duties Assessment

Treatment & Intervention:

- **Cognitive & Mental Health Recovery**
- Individual treatment
- Group treatment
- Health education / injury prevention
- Early Intervention Program for Concussion
- Cognitive Behaviour Therapy (CBT)
- Self-management skills
- Relaxation strategies
- Education and Workshops
- Psychosocial rehabilitation /therapy
- 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

Assessment (con't):

- Return to Work Assessment
- Functional Capacity Evaluation (FCE)
- Workplace Risk/Job Hazard Assessment
- Cognitive and Psychological Job Demands Analysis
- Workplace Accommodation Assessment

Treatment & Intervention (con't):

- Mental Health Early Intervention and Attendance Support
- Ergonomics and Body Mechanics Training
- Health & Wellness Workshops
- Ergonomics & Accommodation Policy Development

Client Age Range: Adults & Seniors

Area Served: Winnipeg & Rural Manitoba

Languages: English