

Work Rehabilitation in Eyou Istchee



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What is covered in this presentation

- What is Rehabilitation?
- How is Rehabilitation related to Creeabilities, employment and well-being?
- What to expect when getting services?
- Who can benefit from work related rehabilitation?
- What services are offered by the Cree Health Board?
- How to access services?

What is Rehabilitation?

- We all work, play, and take care of ourselves and our families. Sometimes because of illness, injury, disability, or challenges in our environment we have trouble doing those things. That's where rehabilitation can come in. It includes:
 - Occupational Therapy (OT)
 - Physical Therapy (PT)
 - Speech-Language Pathology (SLP)
 - Psychoeducation (PsyEd)

How is Rehabilitation related to Creeabilities, employment and well- being?

- Rehabilitation services can support a person's journey towards finding meaningful occupations.
- OTs can help adapt work places and train employers to better support workers with disabilities.
- PTs can help manage pain and increase mobility
- SLPs can improve communication skills related to the work requirements
- Psychoeducators can provide coping strategies to meet the stress of the work environment

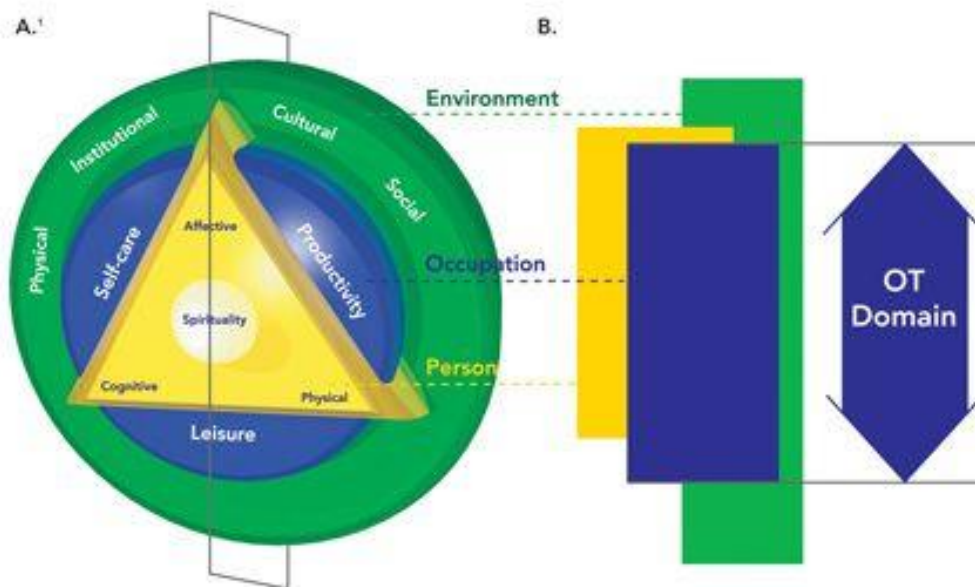
OT and Work rehabilitation

- Occupational therapy is a rehabilitation profession that focuses on helping people get back to doing the things that matter most to them after they've experienced illness, injury or disability.
- OT's are involved in many aspects of work rehabilitation.

How does an OT think?

Here is the model that OTs in Canada work with

Figure 1.3 The CMOP-E: Specifying our domain of concern



A. Referred to as the CMOP in *Enabling Occupation* (1997a, 2002) and CMOP-E as of this edition
B. Trans-sectional view

Polatajko, H. J., Townsend, E. A., Craik, J. (2007). *Canadian Model of Occupational Performance and Engagement (CMOP-E)*. In E. A. Townsend and H. J. Polatajko, *Enabling Occupation II: Advancing an Occupational Therapy Vision of Health, Well-being, & Justice through Occupation*, p.23 Ottawa, ON: CAOT Publications ACE.

What is Occupation?

- OT really sees the person as a whole person with holistic needs, and spirituality at the core.
- Occupation regroups everything we do that has meaning to us: self-care, productivity (work, volunteering, school) and leisure.
- The environment is crucial in how OTs make sense of the impact of illness and (dis)ability

How do OT's work?

- OTs use two main approaches to working with clients
- One is remedial
 - This means working with someone to get back the skills, confidence, or abilities that they lost due to the injury (e.g. strength, endurance, self esteem)
- The other is adaptive
 - This means changing the environment or the task to match the current abilities and limitations of the person (e.g. adapting a home for a wheelchair, making a plan for modified work duties)

What can you expect when you meet an OT?

- Interview to get to know your history
- Assessment:
 - Physical function
 - Cognitive function
 - Environment
 - Occupations
- Discussion on your goals – What you want to achieve

Types of Intervention

Care plans are based on the goals of the client

Here are some examples of goals:

- return to work or school
- return to bush or traditional activities
- Increased independence in daily activities
- Increase in focus, concentration, or self esteem (e.g. recovering from depression)

Interventions could include:

- Building specialized custom equipment to adapt the environment
- Practicing new ways to cook, dress, or perform daily activities
- Targeting specific skills (e.g. handwriting) through practice and coaching.

Meaningful occupation

- When faced with a disability, there are different options regarding work activities:
 - Go back to previous employment
 - Find a new employment that suits your capacities
 - Adapted/supported work environments
 - Volunteering
 - Leisure activities

Go back to previous employment

- 40 year old engineer who suffered a stroke
- Rehab plan:
 - Work simulations to practice skills
 - Energy conservation and stress management techniques
 - Work placement

Find a new employment to fit strengths

- 20 year old construction worker who suffered a traumatic accident
- Rehab plan:
 - Assessment to find out what the strengths are
 - Pain management and postural hygiene techniques
 - Interest checklists and simulations
 - Work simulations to improve strengths (sitting tolerance, mental tolerance)
 - Support for continuing education (computer training)
 - Adapt work place (ergonomic chairs, computer accessories)
 - Make recommendations to return to work (gradual return)

Adapted/supported work environments

- 18 year old woman with mild intellectual disability who has never worked before
- Rehab plan:
 - Work on developing life skills and independence
 - Practice work skills (being on time, concentrating on task, following instructions)
 - Participate in supervised work at MSDC (example putting notepads together, putting files together for the clinic etc...)

Volunteering

- 25 year old man with history of mental illness
- Wants to contribute to his community, but does not feel like he could face the stress and expectations of a work environment
- Volunteering can help feel valuable and provide meaningful activity

Leisure activities

- 45 year old woman who faces difficulties due to multiple sclerosis
- Rehab plan:
 - Provide support to increase independence with daily activities (dressing, bathing, cooking etc...)
 - Would like to stay as active as possible, socialize, and find pleasure doing something she loves, without the stress of employment
 - She finds that the sewing circle at the MSDC helps her stay active, meet people and spend her time in a meaningful way.

What Rehab services are offered in Cree Territory?



Rehab services in Eeyou Istchee

Updated 2014/03/09 AF	Physiotherapy	Occupational Therapy	Psychoeducation	Speech and Language Pathology
Whapmagoostui		Ingrid Gilbert (819) 855-2660		
Chisasibi		Virginie Lubino – Home Care / Hospital (819) 855-2660 x 229 virginie.lubino@ssss.gouv.qc.ca	Jacques Barrette (819) 855-2660 x 244 jbarrette@ssss.gouv.qc.ca	Anny Dubé – Coastal (819) 855-2660
	Rachel Cadotte – Home Care / MSDC (819) 855-2660 x 228 rachel.cadotte@ssss.gouv.qc.ca	Ingrid Gilbert (819) 855-2660		
Wemindji	Lise Dion (819) 978-3500 ldion.reg18@ssss.gouv.qc.ca	Martine Bergeron (819) 978-3500 martine.bergeron.reg18@ssss.gouv.qc.ca		
Eastmain	Marilyse Dumouchel-Hudon (819) 977-2650 marilyse.dumouchel-hudon@ssss.gouv.qc.ca	Covered by Wemindji OT		
Waskaganish		Luc Joannisse (819) 895-8833 x 4210 luc.joannisse@ssss.gouv.qc.ca	Cindy Cavanagh (819) 895-8833 x 4222 cindy.cavanagh@ssss.gouv.qc.ca	
Nemaska	Mélanie Viel MSDC : 819-673-2050 clinic : 819-673-2511 ext. 41316 melanie.viel@ssss.gouv.qc.ca	Mylène Dion Nemaska Clinic: 819-673-2511 ext 41206 MSDC Nemaska: 819-673-2050		
Oujé-Bougoumou	Barbara Menjivar 418-745-3901	Mylène Dion 418-745-3901 ext 255 Mylene.dion.reg18@ssss.gouv.qc.ca	Lisebeth Dodon (418) 745-4070 x 227 lisebeth.dodon@ssss.gouv.qc.ca	
Mistissini	Louise Roy, PRT (418) 923-4010 x 42824 louise.roy.r18@ssss.gouv.qc.ca	Anne Nistchkie (418) 923-4010 x 42826 anne.nistchkie@ssss.gouv.qc.ca	Paul Ntakirutimana (418) 923-4010 paul.ntakirutimana@ssss.gouv.qc.ca	Mélanie Camirand-Larue – Inland (418) 923-4010
		Marjolaine Ménard-Bélanger Tel: 418-923-3376 ext. 42317 Marjolaine.Menard-Belanger@ssss.gouv.qc.ca	Marie Bédard Tel: 418-923-3376	
Waswanipi	Nora Abibsi 819) 753-4010 x 44813 nora.abibsi@ssss.gouv.qc.ca	Joanie Venne (819) 753-4010 x 44815 joanie.venne@ssss.gouv.qc.ca	Sophie Lollier (819) 753-4010	

When to seek services?

- If you or someone you know has had a loss of function due to an illness, injury or disability
- If you or someone you know are having a hard time coping with daily life due to limitations in energy, mobility, or difficulties with the environment.
- If you have concerns about a child's development and want to investigate further what could be done to support that child

How to seek services?

- Contact your local clinic or MSDC to discuss your needs with the Activity Team Leader or a rehab professional
- Contact Regional Special Needs Services if you need more information on different possibilities
 - Evike Goudreault, coordinator
819-523-5668
evike.goudreault@ssss.gouv.qc.ca

Contact Information

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