

# RISING TO THE CHALLENGES OF CHANGE



Virtual Conference  
November 17 - 21, 2020



Ontario Society of  
Occupational Therapists



# RISING TO THE CHALLENGES OF CHANGE

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## Welcome!

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This year has been a challenge for all of us. We have had to adapt to changes at work, health and safety precautions, how we shop for groceries, how we interact with family and friends, and how we and our children learn. Through this change, we have started new (and ongoing) conversations about diversity and inclusion, equitable access, and rights of all citizens. Although we do not know what the next steps will be, we are resilient, we are strong, and we will be leaders along the way.

The Ontario Society of Occupational Therapists' (OSOT) logo is a mythical phoenix soaring before the sun, and this year's conference theme sees that phoenix rising from the ashes as it is reborn. This year, OSOT's Conference is a virtual 5-day celebration of survival, of new beginnings, and of rising above our individual challenges to address greater global issues together. From **Tuesday, November 17th through Saturday, November 21st 2020**, come celebrate ***OSOT's Virtual Conference 2020: Rising to the Challenges of Change!***

OSOT is proud to offer you an amazing program including:

- 2 keynote addresses
- Open forum exploring health equity, diversity, and inclusion within our profession
- 19 half-day interactive virtual workshops
- Virtual exhibitor presentations
- Fun, interactive, social event
- Awards and Recognition event

Through the use of Zoom, you will be able to select from multiple workshops daily, choosing what interests you the most. Our new low rates, along with no travel expenses, will make the OSOT Conference 2020 the best value for your professional development dollars. In addition, participants will have access to recorded workshops for 2 months after the conclusion of the Conference to allow you to catch sessions you were not able to attend live.

### Your OSOT 2020 Conference Planning Team,

**Marika Beaumont**, OT Reg. (Ont.)

**Emily Downs**, OT Reg. (Ont.)

**Lynne Kozina**, OT Reg. (Ont.)

**Kristina Marchiori**, OT Reg. (Ont.)

**Megha Sharma**, OT Reg. (Ont.)

**Gobika Sithamparanathan**, Student OT

**Victoria Danesi**, Professional Practice Program Associate

**Marnie Lofsky**, OT Reg. (Ont.), Manager, Professional Practice



Ontario Society of  
Occupational Therapists



## Keynote Speakers

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We have two dynamic keynote addresses both paired with exciting bonus events. Our opening keynote will launch this year's Conference, addressing issues of health equity, followed by an Open Forum. Our closing keynote will motivate the leader in all of us and will follow an inspiring Awards and Recognition Ceremony, celebrating our own leaders within occupational therapy. We hope you find both keynote addresses to be entertaining, provocative, and motivating.

### **Tuesday, November 17** **9:00 am - 11:30 am**



**Amie Tsang,**  
OT Reg. (Ont.)

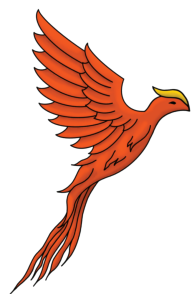
#### **Enabling Equity and Open Forum**

Amie Tsang is an occupational therapist whose career is dedicated to working in partnership with presently and historically marginalized populations, centering narratives of personal resilience in systemic oppression. She has frontline clinical experience in the homeless and community mental health sector, and is most recently the Health Equity Facilitator at CMHA-Toronto. Amie seeks to apply a critical, anti-oppressive lens to her work, whilst always acknowledging there is more to learn and unlearn.

She holds Adjunct Lecturer status in the Department of OS&OT at the University of Toronto and serves on the Board of Directors at Homes First Society. Amie is a 2021 Fellow in the Dalla Lana Fellowship in Global Journalism, and is the recipient of the Maytree Scholarship designated for a Fellow covering poverty from a human rights perspective.

Health equity provides an entry point for occupational therapists to understand how systemic issues affect our day-to-day work at the individual level. Amie will provide a shared language for OTs to begin the journey of addressing issues of health equity.

Continuing from Amie's address, stay for the Open Forum which will feature additional stories from various occupational therapists and students who bring their personal narratives of resilience within systemic oppression. These individuals self-identify as being part of an equity seeking population and will share their stories to help generate discussion among conference participants and to seek input to help inform next steps for OSOT as we begin the journey to educate, advocate, and inform.



## Keynote Speakers

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**Saturday, November 21**  
**2:30 pm - 3:30 pm**

### **Meeting the Challenge of Change: Occupational Therapist Leadership in a Disruptive World**

Following OSOT's Awards and Recognition Ceremony, we welcome Dr. Jill Birch, a leadership advisor, keynote speaker, author and researcher. She is CEO of BirchGrove Inc., where she helps organizations develop individual leaders and teams to achieve their strategic imperatives.

Jill has spoken to thousands of leaders around the world. Her presentations reflect the leadership concerns we all have today – to achieve organizational goals through teamwork, engagement, development of innovative strategies, and creating the right metrics to measure success.

Jill holds a Ph.D. from Griffith University in Australia where she studied relational leadership. Her M.A. from the University of Toronto focused on how CEOs learn to lead and how they learn to learn. She is a Certified Association Executive.

In these disruptive times, occupational therapists are well on their way to re-writing the scripts of almost every part of their day. They're ready to lead in supporting senior's health and well-being, enabling skills in community-based services, and centrally positioning the profession as essential in mental health. What all of this tells us is that occupational therapists are ready to reignite their leadership in new ways to support themselves, their community, and society as a whole.

Join this energizing keynote address to learn how relational leadership will inspire, motivate, and embody new ways to think about how we lead and develop ourselves as leaders. Following nine years of research, Dr. Birch has designed a framework to open ways to empower you to create real and meaningful change, foster connective intelligence, spark authentic collaboration, and integrate new perspectives that spark innovation.



**Jill Birch, Ph.D.**  
Founder and CEO,  
Birchgrove





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## Featured Events



### Opening Ceremonies

November 17 | 9:00 am - 9:15 am

The Ontario Society of Occupational Therapists looks forward to welcoming you to our first ever Virtual Conference. We will briefly review how the Conference will operate, "virtual etiquette", and how to get the most out of your virtual experience.



### OSOT Awards and Recognition Ceremony

November 21 | 1:00 pm - 2:15 pm

Celebrate the accomplishments of the Society and our members over the past year. **OSOT's President, Martha Bauer**, will share what we have learned and where we go from here. Join us in recognizing and honouring our occupational therapy colleagues who are recipients of OSOT awards and who inspire us to advance our profession.



### Exhibitor Forum

Throughout the Conference

Watch short videos about new products and services throughout the conference at breaks and before workshops. Find out what's new with the latest innovations, product lines, and services to keep clients engaged in their daily activities. A link to the full Exhibitor Forum will be sent to all participants.



### Keynote Addresses

Enabling Equity and Open Forum

November 17 | 9:15 am - 11:30 am

**Meeting the Challenge of Change: Occupational Therapist Leadership in a Disruptive World**

November 21 | 2:15 pm - 3:15 pm

We have two exciting keynote addresses both paired with exciting bonus events. Our opening keynote will launch this year's Virtual Conference addressing issues of health equity, followed by an Open Forum.

Our closing keynote will follow an inspiring Awards and Recognition Ceremony, celebrating our own leaders within Occupational Therapy, and will inspire the leader in all of us. We hope you find both keynote addresses to be entertaining, motivating, and provocative.



### Thursday Evening Social Event: Trivia Night!

November 19 | 7:00 pm - 8:30 pm

Come join a good old Trivia Night! With a virtual break-out room with your team's name on it, we challenge you to answer the questions the fastest (and correctly of course!). Prizes to be won and a good amount of laughter, team building, and meeting new people. Bring your own beverage of choice and some snacks and we will do the rest.

Challenge your knowledge of sports, OT related topics (anatomy, assessments, research quality, etc.), pop culture, history, and more. **Complimentary with your Conference package.**

**Connect with other OTs!**



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## Program Schedule

### Tuesday, November 17

- 9:00 am - 9:15 am **Opening Ceremonies**
- 9:15 am - 12:00 pm **Keynote by Amie Tsang and Open Forum**
- 1:00 pm - 4:00 pm **Afternoon Workshops**
- Child and Youth Mental Health: An Overview and Next Steps
  - Workplace Mental Health for First Responders - Part 1

### Wednesday, November 18

- 9:00 am - 12:00 pm **Morning Workshops**
- "I'm Stuck": Responding to client ambivalence and resistance – Part 1
  - Seating and Mobility: from Evidence to Practice – Part 1
  - Managing Chronic Pain in Primary Health Care – Introduction
- 1:00 pm - 4:00 pm **Afternoon Workshops**
- Opportunities & Evidence: OT for Children & Youth with Autism
  - Workplace Mental Health for First Responders – Part 2

### Thursday, November 19

- 9:00 am - 12:00 pm **Morning Workshops**
- Seating and Mobility: from Evidence to Practice – Part 2
  - Managing Chronic Pain in Primary Health Care – Part 1
- 1:00 pm - 4:00 pm **Afternoon Workshops**
- The Emerging Role of OT in the Emergency Department
  - Managing Chronic Pain in Primary Health Care – Part 2
- 7:00 pm - 8:30 pm **Social Event: Trivia Night!**

### Friday, November 20

- 9:00 am - 12:00 pm **Morning Workshops**
- "I'm Stuck": Responding to client ambivalence and resistance – Part 2
- 8:45 am - 1:00 pm **Seating and Mobility: from Evidence to Practice – Part 3**
- 1:00 pm - 4:00 pm **Afternoon Workshops**
- Psychotherapy and OT: Advancing a National Conversation
  - Practice & Advocacy in Schools: Evidence-Informed Framework

### Saturday, November 21

- 9:00 am - 12:00 pm **Morning Workshops**
- OT's role supporting seniors through life transitions
  - Virtual Practice – Practical tips for OTs
  - Workplace Mental Health: OTs helping OTs
- 1:00 pm - 3:30 pm **President's Address, Awards and Recognition Ceremony, and Keynote by Dr. Jill Birch**



# How will a virtual conference work?

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## Before the Conference

- 1. Register for the conference on the OSOT website.** If you are interested in a workshop but are unable to attend live, you can still register as a recording of the presentation will be sent to all registrants.
  - 2. The conference will be held on Zoom.** Connection information will be sent by email a few days prior to the presentation along with the session materials. Please note that Zoom phone connection information will not be provided.
  - 3. Workshops will have interactive elements.** Please ensure you have a strong internet connection and a device that has a microphone and speakers. Webcams are optional.
  - 4. Familiarize yourself with Zoom.** Try [Joining a Zoom Meeting](#) and [Zoom's Join Meeting Test](#) prior to the conference to see how easy it is.
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## During the Conference

- 1. Click the Zoom link.** You will receive an email with the Zoom information.
  - 2. Watch and engage with the presentation.** You have the opportunity to type questions into the chat box throughout the session. For workshops that have interactive components (e.g. breakout rooms), you will have the opportunity to unmute your device and discuss cases, issues, problems, and solutions.
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## After the Conference

- 1. Watch a recorded presentation.** Recordings will be available a week after the presentation for the sessions for which you registered. You will have access to these recordings until January 24, 2020.



## Tuesday, November 17 Workshops

1:00 pm - 4:00 pm

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### Child and Youth Mental Health: An Overview and Next Steps

**Donna Dennis, OT Reg. (Ont.)**

Building on the three-part OSOT Child and Youth Mental Health webinar series presented in 2019, this workshop asks, how can occupational therapists expand their role in the community and school-based mental health? A brief summary of the webinar series and current resources will be presented, following a case study, Q&A, and discussion on next steps and advocacy.

Past participation in the three-part OSOT webinar series is not required to attend this workshop. The webinars are available to order on OSOT's Archived Webinar page for additional information.

#### Objectives

- Understand the role of occupational therapy in child and youth mental health.
  - Learn of available resources to assist with clinical practice.
  - Be informed of the advocacy efforts and areas of growth to expand Child and Youth Mental Health practice in community and school-based contexts.
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### Workplace Mental Health for First Responders – Part 1

**Colin Chan, OT Reg. (Ont.), Sandra Moll, OT Reg. (Ont.), Charlene O'Connor, OT Reg. (Ont.),** and a panel of first responders and occupational therapists

Part one of this workshop will review the provincial and national policy context related to first responder mental health, and key issues that affect their psychological health and safety, including 'voices from the field' in the first responder community (e.g. police, fire, paramedics). The practice context for occupational therapy will be explored, including profiles of practicing OTs from a range of settings. Part 2 will be presented Wednesday, November 18 from 1:00 pm - 4:00 pm.

A combination of information sharing, video and panel discussions will be incorporated.

#### Objectives

- Review legislation on first responder mental health and how this impacts opportunities for occupational therapists.
- Identify key issues related to the mental health of first responders.
- Explore the role of occupational therapy across practice contexts.
- Discuss resources to support this community (peer support, e-mental health initiatives).

**Session recordings will be available until January 24, 2021**



## Wednesday, November 18 Workshops

9:00 am - 12:00 pm

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### **“I’m Stuck”: Responding to client ambivalence and resistance – Part 1**

**Gord Hirano**, OT Reg. (Ont.)

Part 1 will address understanding and developing an approach to client ambivalence and resistance and its importance when moving forward with a client's rehabilitation and recovery. This workshop will explore both client and occupational therapist factors that may impact client ambivalence and resistance, including transference and countertransference considerations. Part 2 will be presented Friday, November 18 from 9:00 am - 12:00 pm.

Self-reflection activities, small group discussions, case scenarios, and demonstration of techniques will be presented.

#### **Objectives**

- Understand what ambivalence and resistance may “look like” in your OT practice.
  - Begin to understand the personal factors of both clients and occupational therapists that contribute to ambivalence and resistance.
  - Consider approaches to respond to client ambivalence and resistance in your occupational therapy practice.
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### **Seating and Mobility: from Evidence to Practice – Part 1**

**Sheilagh Sherman**, BA, BHScOT, MHM, OT Reg. (Ont.) and **Sheila Buck**, B.Sc., OT, Reg. (Ont.)

#### **Seating and Positioning: Translating Assessment Findings (9:00 am - 10:15 am)**

Review and discuss the process of translating assessment findings to generic seating product parameters, including translating standard body measurements to seating support surface dimensions and angles, with a focus on positioning.

#### **Power Up! A Clinical and Functional Review of Power Add-On (10:30 am - 11:45 am)**

Review the WHY of Power Assist, the various types of Power Assist devices and clinical implications of each, how to justify and choose the system to best meet client needs.

A Q&A will conclude the presentation. Part 2 will be presented Thursday, November 19 from 9:00 am - 12:00 pm.

**OSOT Members save up to \$75 on conference rates!**





## Wednesday, November 18 Continued

9:00 am - 12:00 pm Continued

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### Managing Chronic Pain in Primary Health Care – Introduction

**Tara Packham**, PhD, OT Reg. (Ont)

In this session, pain mechanisms and assessment for occupational therapists in Primary Health Care will be reviewed. This is a primer for the full day session, Managing Chronic Pain on Thursday, November 19 and is recommended for OTs new to this area or those who want a refresher of the information. This session is relevant to all occupational therapists.

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1:00 pm - 4:00 pm

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### Opportunities & Evidence: OT for Children & Youth with Autism

**Debra Kennedy**, MRSc, OT Reg. (Ont.) and **Jessie Wilson**, PhD, OT Reg. (Ont.), OAP staff member

With the ongoing development of the Ontario Autism Program (OAP), this workshop will explore restructuring, opportunities, and future directions for occupational therapists working with children and youth with autism. A review of current literature surrounding evidence-based practice from the lens of occupational performance and addressing consultation and treatment of individuals with a diagnosis of autism will be presented.

Presenters will be addressing questions throughout the session. Evidence-based discussion sessions in small groups will be moderated, with guided reflection questions.

#### Objectives

- Review current information on the Ontario Autism Program and literature on evidence-based practices.
- Discuss future opportunities and directions of the OAP for occupational therapists.
- Reflect on current literature and the impact information may have on clinician's current practice.



## Wednesday, November 18 Continued

1:00 pm - 4:00 pm Continued

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### Workplace Mental Health for First Responders – Part 2

**Jocelyn Cowsls**, OT Reg. (Ont.) and **Nancy Gowan**, OT Reg. (Ont.), CDMP

Part two of this workshop will focus on facilitating the unique return to work process with first responders. Participants will learn of population specific assessment tools for return to work readiness and the unique factors related to a first responder's role when planning treatment. Treatment modalities such as work focused CBT, DBT, and exposure therapy will be discussed, with a consideration on adapting these approaches for this population and virtual care.

Part one of this workshop will be held Tuesday, November 17 from 1:00 pm - 4:00 pm. Attendance is required to participate in this session.

Videos, case studies, and small group discussions will facilitate an interactive learning experience.

#### Objectives

- Understand the unique factors related to working with first responders and their return to work journey.
  - Learn to apply appropriate assessment tools for the target population.
  - Understand how to adapt approaches when considering a first responder's needs and role.
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**Proud Sponsor of *Managing Chronic Pain*  
in Primary Health Care – Introduction workshop**



# RISE TO THE CHALLENGES OF CHANGE

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## Thursday, November 19 Workshops

9:00 am - 12:00 pm

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### Seating and Mobility: from evidence to practice – Part 2

**Alli Speight**, OT Reg. (Ont.), ATP and **Deborah L. Pucci**, PT, MPT

#### Anatomy of a Wheelchair (9:00 am - 10:15 am)

Discuss design and material selection, and the clinical and functional impact on recommendations of various features and manual wheelchairs.

#### Tilting the Odds: Manual Tilt to Improve Rehabilitation Outcomes (10:30 am - 12:00 pm)

Discuss the clinical and functional benefits of manual tilt and how changes in angles can impact client health and functional abilities.

A Q&A will conclude each presentation. Part 3 will be presented Friday, November 20 from 9:00 am - 1:15 pm.

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1:00 pm - 4:00 pm

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### The Emerging Role of OT in the Emergency Department

**Wayne Felder**, OT Reg. (Ont.), **Alana Guy**, OT Reg. (Ont.), **Susan Varghese**, OT Reg. (Ont.), **Amanda Holding**, OT Reg. (Ont.), **Jana Cochrane**, OT Reg. (Ont.), **Kristi Kita**, OT Reg. (Ont.)

An occupational therapist's role is expanding in Emergency Departments, with a focus on admission avoidance and facilitating early supported discharges. This workshop will explore occupational therapist's role in the Emergency Department, funding models, assessment tools, and communication strategies which can be applied to your own workplace. Advocating for occupational therapy expanded roles in Emergency Departments will also be explored.

Small group discussions with presenters, case studies, and Q&A session will be included.

#### Objectives

- Understand the prevalence of occupational therapy in Emergency Departments.
- Understand the role, setups, and funding models of OT in Emergency Departments.
- Learn to advocate for enhanced OT presence in your workplace's Emergency Department.

**Use #OSOT2020 to share your experience on social media!**



# Thursday, November 19 Continued

9:00 am - 4:00 pm

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## Managing Chronic Pain in Primary Health Care

**Tara Packham**, PhD, OT Reg. (Ont), **Martha Bauer**, OT Reg. (Ont.), **Margaret Heikkila**, OT Reg. (Ont.), **Katelyn Hunter**, OT Reg. (Ont.), **Karin McEachern**, OT Reg. (Ont.), **Kayla Meissner**, OT Reg. (Ont.), **Colleen O'Neill**, OT Reg. (Ont.), **Tim Chan** and **Richard Noel**, McMaster University OT Students, Year 2

### Part 1 (9:00 am - 12:00 pm)

Managing chronic pain can help clients return to meaningful activity and live their life to the fullest. This workshop will present Applied Activity Management to help occupational therapists learn how to instruct clients on managing chronic pain in a Primary Care setting. Using case studies, participants will apply knowledge learned to work through the different stages of pain management.

### Part 2 (1:00 pm - 4:00 pm)

A focus on running pain groups in primary care will be presented in five segments, including:

- OT working with a pharmacist
- OT in the Low Back Pain Program of Care
- Panel Discussion: Single session vs. multiple session chronic pain groups
- Using Mindfulness in groups for chronic pain
- The benefits of mentoring
- Understanding barriers to running a Pain Group in Primary Care

### Objectives

- Understand pain mechanisms and assessment tools in a Primary Care setting.
- Learn steps to run various types of pain groups in Primary Care.
- Develop your clinical reasoning behind adapting activities and grading the progression of therapy no matter the interfering factors.



## Friday, November 20 Workshops

9:00 am - 12:00 pm

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### **“I’m Stuck”: Responding to client ambivalence and resistance – Part 2**

**Gord Hirano, OT Reg. (Ont.)**

Part 2 will provide participants with a framework and techniques to respond to clients using approaches from Cognitive Behavioural Therapy (CBT), Motivational Interviewing (MI), Mindfulness, and Acceptance and Commitment Therapy (ACT). Part one of this workshop is Wednesday, November 18 from 9:00 am - 12:00 pm. Attendance is required to participate in this session.

Self-reflection activities, small group discussions, case scenarios, and techniques will be presented.

#### **Objectives**

- Understand what ambivalence and resistance may “look like” in your OT practice.
  - Begin to understand the personal factors of both clients and occupational therapists that contribute to ambivalence and resistance.
  - Consider approaches to respond to client ambivalence and resistance in your practice.
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8:45 am - 1:00 pm

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### **Seating and Mobility: from evidence to practice – Part 3**

**Kathy Fisher, B.Sc.O.T., Brenlee Mogul-Rotman, OT Reg. (Ont.), ATP/SMS, and Kevin Cook, B.Sc.(HK)**

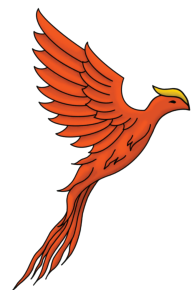
The latest in assessment technology and drive input methods to optimize client function, safety and independence will be presented. Topics include: taking the fear out of prescribing power mobility, power seat functions - the impact of changing positions, and clinical considerations for alternative controls. A Q&A will conclude the presentation.

#### **Objectives**

- Review the assessment process for power wheelchairs required to identify a client’s basic and essential mobility need which will lead to product selection.
- Discuss clinical and functional benefits of various power seat functions and how the evidence recommends utilizing them.
- Discuss clinical and functional benefits of various drive controls (both proportional and non-proportional), how the technology works, and how it can clinically benefit our clients.

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# RISING TO THE CHALLENGES OF CHANGE

## Friday, November 20 Continued

1:00 pm - 4:00 pm

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### Psychotherapy and OT: Advancing a National Conversation

**Sandra Moll**, PhD, OT Reg. (Ont.), **Carrie Anne Marshall**, PhD, OT Reg. (Ont.), **Pamela Wener**, PhD, OT Reg. (MB), **Victoria Sarunsky**, OT Reg. (Ont.), and **Michelle Murphy**, MSc.OT

This workshop will highlight current research involving OT and psychotherapy and key issues related to psychotherapy training. Findings from a scoping review as well as a national survey on psychotherapy perspectives and practice patterns of Canadian occupational therapists will be reviewed, with an opportunity to discuss implications for advocacy, education, and practice.

Initial review of the research will be followed by breakout room discussions regarding three central issues: defining our scope - OT and psychotherapy, pathways to competence, and awareness and advocacy.

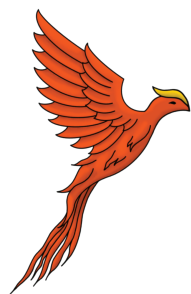
#### Objectives

- Learn and discuss results of a scoping review of research on occupational therapy and psychotherapy.
  - Reflect on trends related to psychotherapy perspectives and practice in OT.
  - Discuss key issues related to psychotherapy competency development.
  - Generate advocacy ideas to advance the practice of psychotherapy in occupational therapy.
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**Questions? Email us at [osot@osot.on.ca](mailto:osot@osot.on.ca)**



## Friday, November 20 Continued

1:00 pm - 4:00 pm

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### Practice & Advocacy in Schools: Evidence-Informed Framework

**Stephanie Ellis**, OT Reg. (Ont.), **Amy Quilty**, OT Reg. (Ont.), **Sandra Sahagian Whalen**, OT Reg. (Ont.)

A newly developed infographic, "Occupational Therapy in Ontario Schools: Enabling Students' Performance and Participation", will be presented and reviewed. Participants will gain knowledge of the role of OT in a tiered service delivery model. Participants will have an opportunity to share strategies on ways to use the infographic to promote best practice and advocate for the OT role in schools.

Participants will engage in a large group review and discussion of the new infographic and small group activities.

#### Objectives

- Become familiar with the newly developed infographic "Occupational Therapy in Ontario Schools: Enabling Students' Performance and Participation".
- Identify strategies to promote best practices and advocate for a broader occupational therapy role in schools.
- Identify practice strategies when using a tiered service delivery model to provide school-based services.
- Identify and discuss opportunities and challenges in the current practice environment.



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**Register at [osot.on.ca](https://osot.on.ca)**



## Saturday, November 21 Workshops

9:00 am - 12:00 pm

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### OT's Role Supporting Seniors through Life Transitions

**Sachindri Wijekoon**, PhD, OT Reg. (Ont.), and **Barry Trentham**, PhD, OT Reg. (Ont.)

This presentation will introduce the En-AGE web portal, including the origins of the website. A walk through of the website and its specific features will be highlighted. The presentation will cover topics surrounding why occupational therapy involvement is critical during common life transitions experienced by seniors. The ways in which the En-AGE web portal can be used by occupational therapist clinicians will be discussed.

Participants will have the opportunity to discuss support of older adults navigating life transition and reflect on their experiences in small groups. Polling questions will also be used.

#### Objectives

- Learn how to engage and contribute to the En-AGE website resource development.
  - Reflect on and share experiences of enabling seniors' life transitions.
  - Discuss an occupational therapist's role during common life transitions experienced by seniors.
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### Workplace Mental Health: OTs Helping OTs

**Laura Kalef**, OT Reg. (Ont.), **Lydia Beck**, OT Reg. (Ont.), **Krupal Bhagat**, OT Reg. (Ont.), **Mylyne Tham**, OT Reg. (Ont.), and **Sandra Moll**, OT Reg. (Ont.)

This workshop will focus on the importance of addressing workplace mental health for healthcare workers. Presenters will highlight how focusing on mental health is relevant in the time of COVID-19, with a focus on occupational therapists' experiences. Shifting to virtual care, statistics on workplace mental health for healthcare providers in Canada and resources for occupational therapists related to workplace mental health and adjusting to changes in practice will be discussed.

Group discussions, personal experience videos and poll questions will be incorporated throughout.

#### Objectives

- Recognize the importance of taking care of our own mental health and the mental health of workplace teams.
- Practice innovative, evidence-based strategies for building resilience in the workplace.
- Discuss organizational mandates for psychological health and safety in the workplace and the role of technology in supporting workplace mental health.

**OSOT Members save up to \$75 on conference rates!**



# RISE TO THE CHALLENGES OF CHANGE

## Saturday, November 21 Continued

9:00 am - 12:00 pm

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### Virtual Practice – Practical tips for OTs

**Andrew Spencer**, PROLINK, **Jocelyne Murdoch**, OT Reg. (Ont.), **Sandra Carter**, OT Reg. (Ont.), and **Lesley Krempulec**, OT Reg. (Ont.)

This workshop will explore the use of virtual platforms to deliver occupational therapy services. Presenters will review privacy and legal issues related to using virtual platforms; present the benefits and criticisms of virtual care; provide tips on effective assessment, client communication, and how to improve your service provision virtually; and the professional standards and guidelines.

#### Objectives

- Identify how to reduce risk when using virtual platforms in your practice.
  - Identify ways to adapt your assessment, treatment, and communication to a virtual platform.
  - Gain tips and tricks to improve client access to services, efficiencies for service delivery, and optimize client outcomes.
  - Review College guidelines and standards of practice relevant to virtual practice.
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# PROLINK

Canada's Insurance Connection

**Proud Sponsor of the *Virtual Practice – Practical tips for OTs* workshop and Thursday Evening Social Event: Trivia Night**

**Use #OSOT2020 to share your experience on social media!**



# RISE TO THE CHALLENGES OF CHANGE

## General Information

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### Privacy Statement

Registration information is collected to process registrations and payments for educational events, correspond with registered participants, and forward delegate emails to exhibitors. If you do not wish to have your email address shared with exhibitors, please indicate this on your conference registration.

### Cancellation Policy

Cancellations will be refunded less \$25.00 administration fee with notice of cancellation sent to [osot@osot.on.ca](mailto:osot@osot.on.ca) no later than **November 13, 2020**. OSOT reserves the right to cancel this conference and/or workshop(s) due to unforeseen circumstances and will be responsible for refunding conference registration fees only.

### Substitution Policy

Workshop substitutions or additions can be sent to [osot@osot.on.ca](mailto:osot@osot.on.ca) no later than **November 13, 2020**. OSOT cannot guarantee accommodation of substitution request.

### Registration Details

Your full conference fees include keynote presentations, awards ceremony, social event, unlimited workshop registration, presentation materials, exhibitor information, and workshop recordings until **January 24, 2020**.

Individual registration for up to one or two events are also available. Award ceremony is complimentary to all OSOT member even if you do not sign up for additional conference events (registration is still required).

### Consent to Photograph

Registration and attendance at OSOT's Virtual Conference 2020 constitutes consent for the Ontario Society of Occupational Therapists to use registrant's unidentified image in photographs that may be shared with the public. To opt out of photographs, please keep your webcam off.





# RISING TO THE CHALLENGES OF CHANGE

## Conference Rates

With your full conference package get access to: 2 keynote presentations, the Open Forum, Awards and Recognition Ceremony, up to 8 half-day workshops (one per time slot), attend the Thursday Night Social Event and access to recordings for two months.

Only want to attend 1 or 2 half-day workshops? Select the "Pay Per Session" option you would like to attend. You will receive complimentary access to the Awards and Recognition Ceremony and final Keynote presentation and access to recordings for two months.

[Register Now](#)

### Full Conference Fee

November 17-21

**Early Bird | Deadline November 3**

**OSOT Members \$175**

**Non-members\* \$250**

**Student/New Graduate Members\*\* \$100**

### Pay Per Session

Maximum of 2 sessions

**Early Bird | Deadline November 3**

**OSOT Members \$60**

**Non-members\* \$85**

### Full Conference Fee

November 17-21

**Regular | After November 3**

**OSOT Members \$225**

**Non-members\* \$300**

**Student/New Graduate Members\*\* \$150**

Conference fees are in  
Canadian dollars | 13% HST

### Pay Per Session

Maximum of 2 sessions

**Regular | After November 3**

**OSOT Members \$80**

**Non-members\* \$105**

### Group Rate

5 delegates from same facility

**Maximum 1 non-member per group**

**Early Bird \$750**

**Regular \$1000**

\*Join OSOT today and save up to \$75 on conference registration! First time members pay \$89+HST for the year!

\*\*Student and New Graduate Membership is complimentary.