

Connect, Learn, and Celebrate Occupational Therapy Month!



Ontario Society of Occupational Therapists 2023 Conference Program

October 27-28, 2023

RBC Place London



Welcome!

RBC Place London is located on the traditional territory of the Anishinaabek, Haudenosaunee, Huron-Wendt, Attawandaron and Lenape Indigenous peoples. This territory is covered by the Upper Canada Treaties, including Treaty 6, the London Township Treaty. We are grateful to have the opportunity to gather on this land.

We welcome you to the 2023 OSOT Conference in London, Ontario! Join us to network, develop new skills, and celebrate Occupational Therapy Month. We continue to offer workshop-based learning which is interactive and easily integrated into your work.

What's New?

We would like to thank our platinum and silver sponsor, Western University School of Occupational Therapy, who has generously supported our first day events. Having a university sponsor the conference marks a new collaboration and we look forward to welcoming occupational therapy students and faculty along with all delegates, presenters, and colleagues. Together with Western University School of Occupational Therapy we are pleased to bring you the Barbara Sexton Lectureship following our opening ceremonies on Friday, October 27.

What's Returning?

In addition to our workshop-based learning, we've brought back a few popular features from past conferences. The first is our poster presentations which are great opportunities to learn about pilot projects, innovation in the profession, and more. The second returning feature is our student and new graduate programming on Friday. This will provide unique access for the next generation of OTs to connect with and learn from experienced occupational therapists and professionals.

The OSOT conference has something for everyone. Attend the OSOT Awards Ceremony where we honour and recognize the many contributions of our members, peruse the exhibit hall, and join us for our social event.

Thank You!

Hosting a conference that delivers high quality education and opportunities to network is only made possible by the hard work and dedication of so many people. We thank our conference planning team members, the OSOT Board of Directors, the OSOT staff team, our wonderful new and returning sponsors and exhibitors, and all of you, our conference delegates. You are the reason we have such a great conference year after year.

Come and see what all the excitement is about. Join us in London on October 27 and 28!

Warmly,



Marnie Lofsky (she/her), OT Reg. (Ont.), MA (Leadership), Executive Director



Seema Sindwani (she/her), OT Reg. (Ont.), Manager, Professional Practice

Keynote and Sector Networking

Friday, October 27 | 9:15 am - 10:30 am



Debbie Laliberte Rudman

(she/her), PhD, OT Reg. (Ont.),
Distinguished University Professor,
Associate Director, University of
Western Ontario

Barbara Sexton Lectureship: Promoting Equity Through Transforming Occupational Possibilities

With society marked by widening inequities, it is imperative that occupational therapy more fully embrace its potential to contribute to the creation of more equitable, humane communities. Both the Canadian Model of Occupational Participation (Egan & Restall, 2022) and the Competencies for Occupational Therapists in Canada (ACOTRO, ACOTUP, & CAOT, 2021) urge occupational therapists to promote equity through disrupting oppressive forces limiting occupational possibilities.

These documents, as well as occupational therapy and science scholars from diverse geopolitical contexts, also call upon occupational therapists to collaboratively contribute to the expansion of occupational possibilities for individuals and collectives marginalized within existing contexts. Aiming to inform the continued development of approaches to critically analyze and transform occupational possibilities, this presentation will illuminate the development of this concept and examine how it has, thus far, been mobilized to deepen understanding of and address inequities.

Congratulations Dr. Rudman on being awarded the 2023 Barbara Sexton Lectureship and thank you Western University School of Occupational Therapy for providing OSOT the opportunity to host this event.

Saturday, October 28 | 9:00 am - 10:00 am



Sector Networking Event - Back by Popular Demand!

Based on feedback from last year's conference delegates, the sector networking event was a huge success. Join us to meet occupational therapists from around the province.

In this session you'll have the opportunity to engage in small group discussions with colleagues from your sector to share what's really impacting your work. We'll come together as a larger group and focus on top concerns and opportunities. We're optimistic about generating great ideas to continue to move us forward as a profession and leave us all feeling supported and heard.

Featured Events



Opening Ceremonies

Friday | 8:45 am - 9:05 am

We look forward to welcoming you to the [RBC Place London](#) at the opening ceremonies. After enjoying a continental breakfast, join your colleagues from around the province for the Barbara Sexton Lectureship. What a great way to celebrate World Occupational Therapy Day!



OSOT Awards and Recognition Ceremony

Friday | 1:00 pm - 1:45 pm

Celebrate the accomplishments of OSOT members. Enjoy your dessert while we recognize the recipient of the 2023 Honourary Life Member, Award of Merit, Innovation & Impact Award, and more!

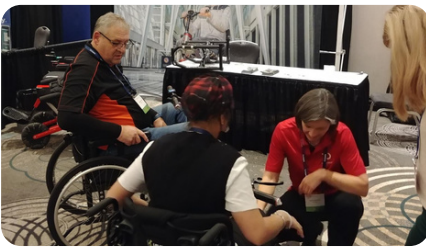


Exhibit Hall Reception and Poster Presentations

Friday | 5:00 pm - 7:00 pm

Network with dozens of vendors and discover unique opportunities to enhance your practice. Refreshments, including one drink ticket, are part of your registration. Use the conference mobile app to enhance your experience and for a chance to win prizes!



Social Event: Palasad Social Bowl

Friday | 7:30 pm - 10:30 pm

After a full day of learning and networking, continue the Occupational Therapy Month celebration at [Palasad Social Bowl](#). \$65 (+ HST) per person. Includes transportation to and from the conference venue, food in a private room, one drink ticket, bowling, and live band.



Win Prizes at Closing Ceremonies

Saturday | 4:45 pm - 5:00 pm

Come together for the conclusion of our conference and leave inspired to apply what you've learned. We'll end on a fun note by announcing the prize winners of the exhibit hall mobile app game.









Celebrate Occupational Therapy Month

Throughout the Conference





What better way to end the celebration of Occupational Therapy Month than by being at a conference with hundreds of colleagues and friends. We hope you'll share your thoughts and inspirations about what this wonderful profession means to you!

Program Schedule | Friday, October 27

8:00 am – 8:45 am	 Breakfast				
8:45 am – 9:05 am	Welcome and Opening Ceremonies				
9:05 am – 10:30 am	Barbara Sexton Lectureship: Promoting Equity through Transforming Occupational Possibilities				
10:30 am – 11:00 am	 Nutrition Break				
11:00 am – 12:30 pm	1A - The Functional Psychotherapy Twist: OT Psychotherapy Practice	1B - Clinical Implications for Manual and Power Wheelchair Provision	1C - Students and New Graduates: Speed Mentoring Session	1D - Beyond Printing and Handwriting: Shifting Practice from a Rehabilitation Framework to a Literacy Focused Educational Framework	1E - Vision and Accessibility
12:30 pm – 1:00 pm	 Lunch				
1:00 pm – 1:45 pm	Lunch Continued Awards and Recognition Ceremony				
1:45 pm – 3:15 pm	2A - An OTs' Guide to Acceptance and Commitment Therapy	2B - Configuring Seating Systems for Mobility Devices: A Deep Dive Into Assessment, Justification and Best Practices	2C - Students and New Graduates Panel: Prepare Yourself for What Comes Next	2D - Newest Lessons from a Provincial Study of the Partnering for Change School-based Tiered Model and Implications for Practice	2E - Demystifying Preceptorship to Meet the Need of Occupational Therapy Students
3:15 pm – 3:30 pm	 Nutrition Break				
3:30 pm – 5:00 pm	2A - Continued	2B - Continued	2C - Continued	3A - Exploring Ethical Tensions in Transitioning to Tiered Models of School-Based Occupational Therapy	3B - Supporting Clients' Decision-Making in Medical Assistance in Dying: Roles for OTs
5:00 pm – 7:00 pm	 Exhibit Hall Reception and Poster Presentations				
7:30 pm – 10:30 pm	 Social Event Palasod Social Bowl				

- Break
 - Special Event
 - Workshop

Program Schedule | Saturday, October 28

8:00 am – 8:45 am	 Breakfast, Exhibit Hall Networking, and Poster Presentations				
8:45 am – 9:00 am	Welcome				
9:00 am – 10:00 am	Sector Networking Event				
10:00 am – 10:30 am	 Nutrition Break, Exhibit Hall Networking, and Poster Presentations				
10:30 am – 12:00 pm	4A - Addressing Mental Health in Children with Autism and Other Neurodevelopmental Disorders	4B - Cancelled	4C - Rediscovery of Meaning and Sense of Self for First Responders, Public Safety Personnels, and Veterans After Trauma	4D - Power Up? Exploring the Need For, and Prescribing Power Mobility	4E - When Everything is New: Understanding Your Professional Responsibilities and Avoiding Common Pitfalls in Occupational Therapy Practice
12:00 pm – 1:30 pm	 Lunch in Exhibit Hall and Poster Presentations				
1:30 pm – 3:00 pm	5A - BEST* Strategies that Support Kids' Mental Health (and our own!) in a Post-Pandemic World	5B - Addressing Driving Across Clinical Settings: Understanding the OT Role in Screening Clients Driving Ability	5C - ADHD Clients at Work: Challenges, Assessment, and Intervention Strategies	5D - Changes with Age: Justifying Custom Manual Wheelchairs for the Geriatric Client	5E - Spirituality and Occupation in Living (SOiL Model): Conceptualizing Occupation via the Lens of Spirituality
3:00 pm – 3:15 pm	 Nutrition Break				
3:15 pm – 4:45 pm	5A - <i>Continued</i>	5B - <i>Continued</i>	5C - <i>Continued</i>	6A - Are We Marginalizing People With Our Seating and Mobility Prescriptions?	6B - Practical Strategies to Promote and Manage the Assignment of Services to Occupational Therapist Assistants
4:45 pm – 5:00 pm	Closing Ceremonies and Prizes				

- Break
 - Special Event
 - Workshop

Friday, October 27 | Morning Workshops

11:00 am - 12:30 pm

1A - The Functional Psychotherapy Twist: OT Psychotherapy Practice

Vikki Madden (she/her), MSc (OT), OT Reg. (Ont.), Psychotherapist, Clinical Psychotherapy Supervisor, FunctionAbility Rehabilitation Services

This workshop provides insight into psychotherapy as part of occupational therapy practice. We will review how OT psychotherapy differs from general OT mental health interventions and what this looks like in practice. A review of possible clinical pathways to support entrance and practice in psychotherapy will also be discussed. COTO standards of practice, including the requirement of clinical supervision, will be important aspects of the session.

The functional orientation of OT psychotherapy will be reviewed. Case studies will illustrate functional psychotherapy interventions commonly used by OT psychotherapists with clients struggling with anxiety, depression, chronic pain or trauma. OTs with an interest in mental health and psychotherapy, or currently practicing in this area, will benefit from this session to connect with peers and review the opportunities in this field of practice.

You will:

- Understand OT psychotherapy practice and the functional context OTs bring to this field.
 - Distinguish between OT psychotherapy and general OT mental health interventions.
 - Identify and understand the COTO requirements for psychotherapy practice.
 - Recognize OT psychotherapy interventions and the benefits of psychotherapy treatment with a variety of clinical populations.
 - Gain meaningful peer connections to support psychotherapy practice.
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1B - Clinical Implications for Manual and Power Wheelchair Provision

Brenlee Mogul-Rotman, OT Reg. (Ont.), Permobil Ltd.

This workshop examines the wheelchair provision process within the larger context of rehabilitation. We will cover concepts related to both manual and power wheelchair users, highlighting the importance of individualized goals and assessments. The provision process will be reviewed and clinician roles will be discussed.

Participants will learn to adapt and apply clinical reasoning and gain practical application skills to improve outcomes and enhance client function in a variety of settings and situations. For those newer to wheelchair seating and mobility, this session will be beneficial in reframing your existing clinical knowledge through a more specific lens that is unique to mobility equipment users.

You will:

- List 3-4 steps in the wheelchair provision process and list two ways the seating and mobility assessment differs from a 'standard' occupational therapy assessment.
- Describe two ways the configurability of manual and power wheelchair systems helps maintain access to mobility across the lifespan.
- Identify three key biomechanical and/or anatomical factors that can impact a client's function within their seating system.

Friday, October 27 | Morning Workshops

11:00 am - 12:30 pm

1C - Students and New Graduates: Speed Mentoring Session

Attention all student occupational therapists and new graduates! Have you ever wished you could be in a room with experienced OTs representing various sectors to ask them questions? This session is for you.

Join our occupational therapy mentors representing: adult mental health, auto insurance, home and community care, hospital, long-term care, non-clinical/leadership, private practice, paediatrics, return-to-work, and seating and mobility in this dynamic and interactive learning experience.

You will have the opportunity to move from one table to the next, hearing from an experienced OT about what practice is really like in each of the above listed sectors. Whether you know which area of practice is right for you, or you're still wondering - this session is sure to provide you with some clarity.

Thank you to our mentors:

- Marika Beaumont, OT Reg. (Ont.) - Practice Lead, Leadership, Non-Clinical
- Mary Beth Bezzina, OT Reg. (Ont.) - Private Practice
- Lori Bourdeau, OT Reg. (Ont.) - Long-Term Care
- Debbie Branch, OT Reg. (Ont.) - Long-Term Care
- Vicky DeFreitas, OT Reg. (Ont.) - Return-to-Work
- Runda Ebied, OT Reg. (Ont.) - Paediatrics
- David Fry, OT Reg. (Ont.) - Leadership, Non-Clinical
- Andree Gauthier, OT Reg. (Ont.) - Seating and Mobility
- Dorothy Gotzmeister, OT Reg. (Ont.) - Home and Community Care
- Carissa Gregorio, OT Reg. (Ont.) - Hospital
- Alison Hendricks, OT Reg. (Ont.) - Private Practice
- Amaresh Parikshya, OT Reg. (Ont.) - Auto Insurance
- Pooja Patel, OT Reg. (Ont.) - Paediatrics
- Tammy Rice, OT Reg. (Ont.) - Hospital
- Tressa Rodges, OT Reg. (Ont.)
- Miranda Roovers, OT Reg. (Ont.) - Adult Mental Health
- Maria Stella Puopolo, OT Reg. (Ont.) - Adult Mental Health
- Vacha Shah, OT Reg. (Ont.) - Home and Community Care, ADP Authorizer
- Toni Wall, OT Reg. (Ont.) - Return-to-Work
- Kelly Wendt, OT Reg. (Ont.) - Auto Insurance

We'll be adding more names to this list so be sure to check back for updates!



School of Occupational Therapy

Platinum and Silver Sponsor of the 2023 OSOT Conference

Friday, October 27 | Morning Workshops

11:00 am - 12:30 pm

1D - Beyond Printing and Handwriting: Shifting Occupational Therapy Practice from a Rehabilitation to a Literacy Focused Educational Framework

Stephanie Ellis (she/her), OT Reg. (Ont.), Chief of Physical and Occupational Therapy Services, York Region District School Board, Brenda Johnson (she/her), OT Reg. (Ont.), Stacie Christie (she/her), OT Reg. (Ont.), Ashley Giroux (she/her), OT Reg. (Ont.), and Megan Heisz (she/her), OT Reg. (Ont.)

There is an opportunity for occupational therapists to approach printing and written output from an educational perspective, in alignment with literacy and an evidence-based reading approach. OTs have long been considered the “printing or fine motor therapists” in Ontario’s schools. OTs often address fine motor skills, printing, and even written productivity from a medical or rehabilitative model with a focus on underlying performance components, using a developmental or motor learning perspective. Only recently has there been a shift in focus to occupation, but it has largely been isolated from literacy and education.

With the recent release of the *Ontario Human Rights Commission – Right to Read* report and a new language curriculum pending release, now, more than ever, is the time for OTs to shift their practice. As more therapists start to practice within a tiered model of service this shift is essential, as it allows an integrated approach with printing and literacy and enhances educator and therapist collaboration for best outcomes for Ontario’s students.

You will:

- Review the historical approach OTs have used in the school practice setting related to fine motor, printing, and/or written output.
 - Review the impact of the *Right to Read* report findings on literacy instruction in the primary grades including the *Essential Guide to Reading Instruction* (Ministry of Education 2022) and pending curriculum.
 - Review significant changes in the Ontario Language Curriculum (June 2023) that will impact occupational therapy practice in school based settings.
 - Identify current evidence related to the need for explicit and systematic approaches to printing aligned with literacy instruction within an educational context.
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Gold Sponsor of the 2023 OSOT Conference

Friday, October 27 | Morning Workshops

11:00 am - 12:30 pm

1E - Vision and Accessibility

Teresa Guolla (she/her), MHA, OT Reg. (Ont.), National Lead, Program Development, Vision Loss Rehabilitation Canada and **Julia Foster**, OT Reg. (Ont.), Occupational Therapist, Kingston Health Sciences Centre Vision Rehabilitation Clinic

This workshop explores accessibility from the visual perspective. Occupational therapists' training primarily focuses on physical accessibility, which is one dimensional. Blind, deafblind, and partially sighted individuals experience many barriers stemming from poor design of physical spaces, access to information, and lack of healthcare provider knowledge.

Much of our world is understood and accessed through vision. The diverse nature of vision loss creates a wide variation in needs and challenges to making the world and your practice more accessible. This workshop will present principles of visually accessible design and communication. Case studies and discussion will be used to explore ways to make both your practice and practice environment visually accessible.

You will:

- Recognize barriers to visual accessibility in the physical environment.
 - Understand barriers to visual accessibility in your communications and interactions.
 - Interpret and apply basic principles of visual accessibility to your practice.
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Gold Sponsor of the 2023 OSOT Conference

Friday, October 27 | Afternoon Workshops

1:45 pm - 5:00 pm (includes 15-minute break)

2A - An OTs' Guide to Acceptance and Commitment Therapy

Lara Desrosiers (she/her), OT Reg. (Ont.), Pelvic Resilience

Find out what all the buzz is about when it comes to Acceptance and Commitment Therapy (ACT). Whether you work in mental health, hand therapy, neurology, orthopedics, concussion, chronic pain, or pelvic health, most of our clients are struggling with their relationship with their symptoms and would benefit from having an ACT approach integrated into their care.

ACT focuses on supporting individuals with building greater psychological flexibility in response to challenging experiences including painful circumstances, body sensations, thoughts, and emotions. ACT teaches functional mindfulness skills to support individuals with developing adaptive responses to these experiences so they can more effectively move towards meaningful and valued living. You will understand the core philosophy and processes of ACT, and learn how it aligns with occupational therapy practice. Discover tangible ways to integrate ACT into your practice right away!

You will:

- Understand the core philosophy and science of ACT.
 - Describe and assess psychological flexibility as the primary focus of ACT.
 - Identify and describe the six core processes that promote psychological flexibility.
 - Gain ACT-informed questions, practices, and tools that can be integrated into your practice immediately to support clients with taking meaningful steps toward valued living.
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PROLINK

Canada's Insurance Connection

Silver Sponsor of the 2023 OSOT Conference

Friday, October 27 | Afternoon Workshops

1:45 pm - 5:00 pm (includes 15-minute break)

2B - Configuring Seating Systems for Mobility Devices: A Deep Dive Into Assessment, Justification and Best Practices

Katerina Reppas-Rindlisbacher, OT Reg. (Ont.), Clinical Education Specialist, Motion Composites

Determining proper seating products for a wheelchair user is complex and involves more than just brand knowledge. Beginning with a hands-on physical client assessment and moving toward desired features and properties of devices, the goal is to determine the off-the-shelf, custom, or combination cushion, back support, and accessory products that works with the client to maximize positioning and independence. In this hands-on workshop, we will review principal anatomy, demonstrate key physical assessment skills, and highlight the importance of proper seating and how it affects client health and impacts function with the mobility base.

We will complete a comprehensive review of the basic principles of cushion and back support properties and discuss key features to consider when matching seating components to client presentation. Common client presentations such as kyphosis, scoliosis, and pelvic obliquities, bariatric considerations, as well as interventions to accommodate or correct postural asymmetries will be reviewed using clinical examples. Case studies will be used to evaluate knowledge gained and reasoning skills from assessment to product prescription.

You will:

- Identify key anatomical features and their role in selecting seating components.
 - Assess common physical asymmetries and determine level of intervention required.
 - Understand clinical principles of wheelchair cushion and back support design.
 - Differentiate between properties of seating components and interpret the clinical impact for the user.
 - Determine appropriate seating interventions to achieve optimal clinical outcomes.
 - Explain two examples of how wheelchair positioning affects elements of wheelchair use and user health.
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Silver Sponsor of the 2023 OSOT Conference

Friday, October 27 | Afternoon Workshops

1:45 pm - 5:00 pm (includes 15-minute break)

2C - Students and New Graduates Panel: Prepare Yourself for What Comes Next

Spend your afternoon with this panel of professionals to help you prepare for what comes next! Have your questions answered about: College requirements, professional liability insurance, resume building, financial planning, and forging a path as a leader. You'll even hear from a recent new graduate about her challenges and successes. Each panel member will also engage with you in small group activities.

Thank you to our panelists:

1. OSOT: Professionalism, Lifelong Learning, and Advocacy

Marnie Lofsky (she/her), OT Reg. (Ont.), MA (Leadership), Executive Director

Join me as I share my career journey from clinician to Executive Director of OSOT and the benefits of being a member of a professional association. We will discuss current issues impacting occupational therapy practice today and will come up with ideas about how to affect positive change for the profession and the health and well-being of Ontarians. Looking forward to learning together. You will:

- Learn how to take opportunities to develop leadership skills and position yourself to a leadership career path.
- Discover OSOT's member benefits including professional liability insurance, promotion and advocacy support, professional development opportunities, networking opportunities, and more.
- Understand your role in advocating for yourself and your clients.
- Engage in small group activities to identify opportunities and challenges in the profession and health care system and learn how to develop an actionable plan for advocacy.

2. Partnering With Your Future Regulator – The Journey to Competent Practice

Sandra Carter, OT Reg. (Ont.) Manager, Practice, College of Occupational Therapists of Ontario

We at the College know getting that first job as a registered occupational therapist can be daunting. Join me as I discuss things to consider to help you get your footing and gain confidence that you're taking all the right steps to practice competently, safely and ethically. By the end of our session you will have a better understanding of the things you need to know now and throughout your occupational career journey, including:

- Scope of practice
- Standards of practice
- Competencies for practice and
- How legislation impacts your practice.

We'll also spend time in small group activities testing your knowledge of how well you know your regulator. We hope you will leave informed and a little more at ease to reach out to us when needed and participate in future College events.

Friday, October 27 | Afternoon Workshops

1:45 pm - 5:00 pm (includes 15-minute break)

2C - Students and New Graduates Panel: Prepare Yourself for What Comes Next - *Continued*

3. Resume Building and Interview Tips

Ernesto Sequera (he/him), Director, Human Resources – Talent Acquisition and Development, VHA Home HealthCare

Dive deep into the art of resume building with a focus on highlighting your strengths and avoiding common mistakes that can hinder your success. You will learn how to navigate the interview process with confidence, effectively showcase your qualifications, and increase your chances of landing your desired job opportunities. You will:

- Understand the key elements of a successful resume.
- Learn strategies to highlight your achievements and positive qualities effectively.
- Identify common resume and interview mistakes and how to avoid them.

4. Risk Management for Occupational Therapists

Andrew Spencer (he/him), Registered Insurance Broker of Ontario, PROLINK Insurance

You will gain a better understanding of how to best protect yourself from the risks you may face as a practicing occupational therapist. Learn about insurance as a strategy to manage your exposure to potential litigation, privacy breach of sensitive client information, and more. You will:

- Learn how to identify professional risk exposures unique to OTs.
- Understand how to mitigate and transfer professional risk exposures to insurance companies.
- Learn what to do in the event of an insurance claim situation.

5. The Value of Managing Cash Flow

Tom C. House, CFP, CIM, CIBC Wood Gundy

Join me as I share my financial planning and wealth management experiences and apply them to real world scenarios. Learn a variety of financial mistakes to avoid and commonly overlooked tools that can help you reach your financial goals. It is never too late or too early to start investing. You will:

- Learn how to take advantage of tax free growth in TFSAs.
- Learn the pitfalls of interest charges on loans, credit cards, and overdraft.
- Develop a plan to financial freedom.

6. The Trials and Tribulations of a New Grad... Life Two Years Later

Roslyn Fried (she/her), OT Reg. (Ont.), Huron Perth Healthcare Alliance

Join me as I share the ups and downs during my first two years post-grad. In small groups we will explore a 'case', with some of the expectations, predicaments, and experiences that I have come across since graduating. Advocating for clients, the profession, and yourself will be explored further. You will:

- Explore common expectations and situations often experienced by new graduates.
- Identify barriers to 'work-life balance'.
- Collaboratively identify post-grad supports and resources for professional and personal wellness.
- Have an opportunity to raise any 'after graduation' questions or concerns.

Friday, October 27 | Afternoon Workshops

1:45 pm - 3:15 pm

2D - Lessons from a Provincial Study of the Partnering for Change School-based Tiered Model and Implications for Practice

Wenonah Campbell (she/her), PhD, School of Rehabilitation Science and CanChild, McMaster University and Leah Dix (she/her), OT Reg. (Ont.), P4C Project Manager, CanChild, McMaster University

In this interactive and evidence-based workshop we will describe our current study of Partnering for Change (P4C,) a tiered model for school-based occupational therapy. This research project is in its third year and involves a multi-method multiple-case study in ten locations across the province. This research aims to determine how P4C and tiered services work in different contexts across Ontario through data collected via interviews with educators, occupational therapists, occupational therapist assistants, other support services staff, families, principals, and administrators from school boards and Children's Treatment Centres; reflective journals and service logs completed by occupational therapists and occupational therapist assistants; and surveys of families and educators.

We will share preliminary research during the workshop and explain how these findings can inform and support OTs, and the Children's Treatment Centres that employ them, to successfully transition to a tiered model of school-based practice. You will be provided practical examples throughout, so you are equipped with strategies and resources to transition to, or work within, a tiered model.

You will:

- Describe research-informed strategies that can be used to support successful implementation of tiered, school-based occupational therapy services.
 - Identify evidence- and practice-based resources to support tiered service delivery.
 - Describe research findings from a provincial study and apply them to your practice context.
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2E - Demystifying Preceptorship to Meet the Need of Occupational Therapy Students

Lisa McCorquodale, PhD, OT Reg. (Ont.), Western University, Martine Trudelle, Erg. Aut. (Ont.), University of Ottawa, Sandra Vanderkaay (she/her), PhD, OT Reg. (Ont.), McMaster University, Amanda Hall, OT Reg. (Ont.), Queens University, and Rhona Anderson, OT Reg. (Ont.), University of Toronto

The demand for student occupational therapy placement opportunities has never been higher. Human health resource challenges, workloads, and new Canadian occupational therapy competencies converge to impact the perception of preceptorship. The future of the profession needs OTs to embrace the idea that they are both health professionals and educators. Preceptors have the ability to support a student's learning while balancing a busy workload. In this workshop, academic clinical education coordinators share tips on various topics including how to: develop a supportive learning environment for students, proactively navigate issues, and support student competency development. Consideration will be given to how preceptors can support culture, equity and justice in a clinical education environment.

You will:

- Describe ways to create safer learning environments and explore potentially challenging situations.
- Understand how to create an environment that supports student competency development.
- Apply occupational therapy competencies to preceptorship and fieldwork education.
- Identify how preceptorship can benefit the preceptor and support the discipline of occupational therapy.

Friday, October 27 | Afternoon Workshops

3:30 pm - 5:00 pm

3A - Exploring Ethical Tensions in Transitioning to Tiered Models of School-Based Occupational Therapy

Sandra VanderKaay (she/her), PhD, OT Reg. (Ont.), Assistant Professor, Scientist, CanChild, School of Rehabilitation Science, McMaster University

School-based occupational therapy (SBOT) in Ontario is shifting from the model which primarily takes individual students out of the classroom to tiered models that offer a continuum of services focused on inclusion and participation of all students. There are several benefits of tiered services, including increasing the number of students who access services, reducing wait lists, and building capacity among people and systems. However, research suggests that ethical challenges exist in the transition to tiered models.

It is unclear how OTs are navigating the transition to tiered models and, in particular, addressing ethical tensions. In this interactive and evidence-based workshop we will share findings of our recent OSOT funded research study, Ethical Tensions in Transitioning to Tiered Models of School-Based Occupational Therapy in Ontario. We will report on the perceived ethical tensions described by OTs in Ontario, and discuss the potential factors contributing to the experience of ethical tension. We will also report on the priority areas identified for resource development and practice support for occupational therapists delivering tiered SBOT services. Learn next steps regarding how the findings can be used to support your practice and advocate for change at individual, organizational, and systems-levels.

You will:

- Describe the ethical tensions experienced by OTs in transitioning to tiered-models of service delivery in SBOT.
 - Explore potential factors contributing to the experience of ethical tension.
 - Identify resources and practice supports that may be beneficial in supporting tiered services.
 - Recognize how new knowledge can be applied to support practice and advocate for individual, organizational, and systems-level change.
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Gotcare

Bronze Sponsor of the 2023 OSOT Conference

Friday, October 27 | Afternoon Workshops

3:30 pm - 5:00 pm

3B - Supporting Clients' Decision-Making in Medical Assistance in Dying: Roles for OTs

Kevin Reel (he/him), OT Reg. (Ont.), Assistant Professor, Occupational Science & Occupational Therapy, University of Toronto, Denise Batho (she/her), MScOT Year 2 Candidate, University of Toronto, and Stephen Clarke (he/him), MScOT Year 2 Candidate, University of Toronto

This workshop will not debate the law, but will focus on the ways OTs can become involved in the assessment and decision-making processes for our clients who may be considering medical assistance in dying (MAiD). Recent and forthcoming changes in Canada's MAiD legislation have and will make eligibility more inclusive. The criterion of reasonably foreseeable natural death (RFND) is no longer required for all and now determines the required safeguards to be applied in the assessment process. In March 2024, inclusion for eligibility is expected to extend to people with 'mental disorder as the sole underlying medical condition'. These changes also bring further complexity in assessing for and providing this option that a, still small, proportion of people choose to pursue.

Among the required safeguards where natural death is not reasonably foreseeable (non-RFND) is the need to "ensure that the person has been informed of the means available to relieve their suffering, including, where appropriate, counselling services, mental health and disability support services, community services and palliative care and has been offered consultations with relevant professionals who provide those services or that care" (Criminal Code of Canada Section 241.2(3.1)(g)).

This critical safeguard is a role OTs can play to facilitate the best informed decision by people considering an assisted death. Another new element in the legislation is the role of the 'preliminary assessor'. Neither required, nor defined, this is another possible role for which OTs are well suited.

You will:

- Describe the role of the 'preliminary assessor.'
 - Explain current interpretations of 'reasonably foreseeable natural death.'
 - Identify the points in request and assessment processes for MAiD where potential OT roles exist.
 - Construct an argument for your contribution in these processes in your work context.
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Saturday, October 28 | Morning Workshops

10:30 am - 12:00 pm

4A - Addressing Mental Health in Children with Autism and Other Neurodevelopmental Disorders

Tara Bortolon (she/her), OT Reg. (Ont.) OTR/L, Tara Bortolon Occupational Therapy

Mental health conditions are highly prevalent in children with autism and other neurodevelopmental disorders. Between 54-70% of people with autism have one or more mental health conditions and 11-40% of children and teens with autism have anxiety. Despite these statistics, it appears that many children with autism who have a mental health diagnosis are not assessed and managed by OTs due to the focus on other presenting issues. OTs working with children with autism can provide a unique contribution by addressing their mental health needs. To do this, we must begin with having conversations with clients and their caregivers about our scope of practice which includes addressing mental health.

This session will provide a framework for understanding, identifying, and addressing mental health needs of children with autism from an occupational therapy lens. By reflecting on our knowledge of sensory processing and incorporating this into mental health treatment, we will discuss different modalities and approaches for supporting the holistic needs of clients. The importance of communication with clients, caregivers and other clinicians about mental health will also be discussed. The information provided in this workshop is applicable to adults as well as children with mental health conditions and without a diagnosis of autism.

You will:

- Identify mental health considerations for children with autism and other neurodevelopmental disorders.
 - Develop confidence in assessing the mental health needs of children with autism and other neurodevelopmental disorders.
 - Demonstrate an understanding of the importance of sensory processing theory as it relates to client's mental health.
 - Integrate skills and knowledge to address mental health throughout the occupational therapy process in collaboration with the client and caregiver(s).
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MOTION

Bronze Sponsor of the 2023 OSOT Conference

Saturday, October 28 | Morning Workshops

10:30 am - 12:00 pm

4B - Cancelled

4C - Rediscovery of Meaning and Sense of Self for First Responders, Public Safety Personnels, and Veterans After Trauma

Tiffany Ching Huang, OT Reg. (Ont.), Essential Occupational Therapy

Occupational therapists play a crucial role in individuals' reintegration into their personal and professional lives after trauma. First responders, public safety personnels (PSPs), and veterans are highly skilled and specialized professionals with their personal identities and sense of self/purpose greatly intertwined with their professional duties, cultures, and values. These individuals often experience a decreased sense of self, lack of purpose, depression, decreased motivation, and feelings of guilt, shame, failure, and resentment, after leaving their jobs due to injury. OTs are uniquely positioned to use activities to foster curiosity, reintroduce feelings of purpose and accomplishment, support sense of mastery, and cultivate self-worth and sense of self in clients. This workshop will provide you with practical strategies to help kick start and maintain the (re)discovery of meaningful roles in first responder, PSP, and veteran populations, with evidence supporting the connection between increased sense of self, resilience, and post-traumatic growth.

You will:

- Learn practical and culture-specific strategies (e.g., ACT and MI strategies) to help clients identify their core values, encourage curiosity, improve cognitive flexibility, and support (re)discovery of new or existing roles.
 - Complete basic activity analysis and design treatment that focuses on pacing strategies, incremental goal setting/attainment, and ways to address other barriers to activity engagement and participation.
 - Analyze evidence supporting the connection between sense of self, meaning making, resilience, and post-traumatic growth.
-

Ontario
HomeHealth



Bronze Sponsor of the 2023 OSOT Conference

Saturday, October 28 | Morning Workshops

10:30 am - 12:00 pm

4D - Power Up? Exploring the Need For, and Prescribing Power Mobility

Linda Norton (she/her), PhD, OT Reg. (Ont.), Motion, Western University, University of Toronto

Client mobility needs fall along a continuum from unassisted ambulation to dependence on a power wheelchair with specialty controls. The decision between prescribing a manual wheelchair and a power wheelchair has a profound impact on a client's mobility. For clients with no active movement of their extremities the decision to prescribe power is clear, however, for clients who may have some ability to propel a manual wheelchair the decision of when to consider power mobility is more nuanced and can present a challenge for the clinician. The assessment of body structures and function, environments and current technology as well as the client's activity and participation and available funding will not only inform the decision between power and manual mobility, but also the type of equipment and method of control/propulsion.

Using a case-based approach, you will explore the assessment parameters and competing considerations when determining if, and what type of, power mobility is appropriate.

You will:

- Describe the specific assessment parameters that influence the decision to prescribe power or manual mobility for a client.
 - Compare and contrast at least two options for manual and three options for power mobility.
 - Choose the best option for mobility for the workshop case studies.
-

4E - When Everything is New: Understanding Your Professional Responsibilities and Avoiding Common Pitfalls in Occupational Therapy Practice

Diane Tse, OT Reg. (Ont.) and Sandra Carter, OT Reg. (Ont.), College of Occupational Therapists of Ontario

Newly updated competencies and Standards of Practice for occupational therapists both came into effect in the last year. This workshop will focus on applying the principles and expectations to occupational therapy practice with emphasis on professionalism, communication, professional boundaries, and other responsibilities. Common pitfalls and how to avoid them in practice will also be discussed. Although this workshop will focus on OTs who are relatively new to practice or who are moving into new practice areas, OTs with all levels of experience will be able to gain further understanding of their professional responsibilities and updated requirements.

In this interactive session, using small and large group discussions, OTs will learn strategies and discuss topics related to entering/changing practice and meeting the new competencies and Standards of Practice in an evolving profession.

You will:

- Work through case examples to apply learning.
- Link professional responsibilities to the competencies and Standards of Practice and learn strategies to avoid common pitfalls in practice.

Saturday, October 28 | Afternoon Workshops

1:30 pm - 4:45 pm (includes 15-minute break)

5A - BEST* Strategies that Support Kids' Mental Health (and our own!) in a Post-Pandemic World

Moira Peña, OT Reg. (Ont.), Holland Bloorview Kids Rehabilitation Hospital

Concerns regarding the impact of the COVID-19 pandemic on children's mental health are being increasingly identified and recognized across all healthcare and educational settings. This workshop equips you with a better understanding of the presenter's BEST* (Body, Emotional, Sensory and Thinking) research-informed and evidence-based strategies that can be implemented right away to support children's mental health and well-being in any setting you are practicing. You will also learn how stress affects children's neurobiology, ability to self-regulate, and their behaviours. Practice opportunities, ongoing reflection and discussion will be utilized throughout the workshop.

You will:

- Understand factors affecting children's mental health.
 - Learn how neurobiological factors of stress affect behaviours and identify how to use this new information to better address challenging and/or interfering behaviours in your practice context.
 - Learn how to support children's mental health (and your own!) through the uptake and implementation of key sensory-based strategies from the presenter's BEST* (Body, Emotional, Sensory and Thinking) Strategies Framework.
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5B - Addressing Driving Across Clinical Settings: Understanding the OT Role in Screening Clients Driving Ability

Nellemarie Hyde (she/her), OT Reg. (Ont.), CDR, SE Health and Tamalea Stone (she/her), OT Reg. (Ont.), CDR

Occupational therapists are trained to identify and address gaps between a client's abilities and the demands of the activity, or occupation, in which they wish to participate. It is this skill that uniquely positions us to recognize when an individual's medical condition is impacting their driving ability. In this workshop, we will review the Ministry of Transportation (MTO) regulations regarding OT discretionary reporting to the MTO and COTO's guidelines on addressing driving in occupational therapy practice. Using a group problem solving approach, you will learn how to identify clients in various settings with potential driving impairment, and how to use a holistic approach to screen for driving ability. Resources to assist you in helping clients navigate the MTO medical review process will be reviewed and provided.

You will:

- Understand the discretionary reporting legislation / regulations and COTO's guidelines on addressing driving in occupational therapy practice.
- Develop strategies to address your clients' driving ability across practice settings.
- Learn how to navigate the MTO medical review process from reporting impaired drivers to supporting clients to regain their licence.
- Recognize when to screen client's abilities for driving and choose appropriate screening tools.
- Develop problem solving skills using challenging and complex client case studies.

Saturday, October 28 | Afternoon Workshops

1:30 pm - 4:45 pm (includes 15-minute break)

5C - ADHD Clients at Work: Challenges, Assessment, and Intervention Strategies

Kelly Stewart (she/her), OT Reg. (Ont.), Gowan Consulting

People with ADHD face a number of challenges that often impact their functioning at work. In this workshop we will examine common challenges, approaches for assessment, and intervention. We will discuss strategies for supporting workers' accommodation, work-life balance, routines, and managing IADLS. The challenges workers' present with are often shown to impact their productivity in all contexts and environments, which ultimately affects them at work. During the session you will participate in group discussions about experiences or challenges you have had supporting workers with ADHD, current trends in the workplace, and strategies for supporting challenges with executive function. Finally, we will discuss strategies for supporting the worker in self-advocacy in the workplace.

You will:

- Identify challenges the worker may experience in the workplace.
 - Understand the potential for impact on work performance.
 - Learn recommendations for common work accommodations.
 - Develop knowledge of intervention strategies.
 - Determine strategies for supporting employee self-advocacy.
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Ontario
HomeHealth



MOTION



Personal Injury Law

2023 OSOT Conference Exhibitors

Saturday, October 28 | Afternoon Workshops

1:30 pm - 3:00 pm

5D - Changes with Age: Justifying Custom Manual Wheelchairs for the Geriatric Client

Katerina Reppas-Rindlisbacher, OT Reg. (Ont.), Clinical Education Specialist, Motion Composites

The geriatric client can be overlooked as one who could benefit from a custom fitted, ultralightweight, adjustable manual wheelchair. Often, these clients are provided the “basic” wheelchair, because it requires less justification. A “one size fits all” approach should not be used for a geriatric client who uses a wheelchair for greater than six months. This workshop will review how the normal aging process causes losses in strength and muscle mass, decreased range of motion, and postural changes. Discussions will revolve around how these aspects of normal aging can intensify by disease processes that result in the need for a wheelchair.

As we review the normal physiological changes that come with aging, we'll discuss how proper wheelchair seating, base selection, fitting, and set up, can be justified for the geriatric client. You will understand how providing the geriatric client an optimally configured ultralightweight manual wheelchair versus a basic non-adjustable manual wheelchair leads to a better quality of life.

You will:

- Discuss two musculoskeletal changes associated with the normal aging process.
 - Describe two distinct adjustments to a manual wheelchair to counteract changes seen in a geriatric client.
 - Provide two clinically justifiable explanations for when a geriatric client would benefit from an ultralightweight wheelchair.
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2023 OSOT Conference Exhibitors

Saturday, October 28 | Afternoon Workshops

1:30 pm - 3:00 pm

5E - Spirituality and Occupation in Living (SOiL Model): Conceptualizing Occupation via the Lens of Spirituality

Dr. Clark Patrick Heard (he/him), OT Reg. (Ont.), Southwest Centre for Forensic Mental Health Care, Associate Scientist, Lawson Health Research Institute

Spirituality is a multi-faceted concept including varied personal, societal and cultural factors. Despite a relatively high volume of analysis there remains a significant and persistent debate about the concept of spirituality in occupational therapy. In particular, this discourse includes questions of relevance, how spirituality might be defined, and what its clinical application might entail. To date, several models have connected spirituality with occupation but supporting clinicians in framing occupational performance and occupational performance change in day-to-day clinical practice via a spirituality lens continues to be a gap.

This workshop introduces you to the Spirituality and Occupation in Living (SOiL) Model. This model is designed for day-to-day clinical application in the consideration and analysis of occupational performance. It supports clinicians in partnering with clients, families, and caregivers in framing, analyzing and respectfully discussing occupational performance through a spirituality lens. It is a model that can be responsive across the continuum of care, is culturally accountable, and supports the integration of co-occupation.

You will:

- Understand the unique history and complex narration of spirituality in occupational therapy.
 - Consider the professions' 'demand of definition' and how this has potentially impacted application of spirituality in clinical practice.
 - Learn and practically apply the Spirituality and Occupation in Living (SOiL) Model.
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2023 OSOT Conference Exhibitors

Saturday, October 28 | Afternoon Workshops

3:15 pm - 4:45 pm

6A - Are We Marginalizing People With Our Seating and Mobility Prescriptions?

Linda Norton (she/her), PhD, OT Reg. (Ont.), Motion, Western University, University of Toronto and Jean Minkel (she/her), PT, ATP, On A Roll Mobility Services

Clinicians may rely on public policy to guide their seating and mobility practices rather than accepting the challenge of having clinical best practices and research driven public policy. Many funding programs limit eligibility to basic and essential devices, but what may be basic and essential to the funding agency may be different from the therapist's and definitely the client's perspective. Limiting the equipment solutions offered to clients, to just what is funded out of a desire to protect the client's finances, removes the client's right to choose. This workshop will challenge and inspire you to examine your seating and mobility practices from an equity, diversity, and inclusion perspective. With the insights gained, you will revisit seating best practices and develop the skills required to fully assess mobility needs in routine environments to facilitate the highest level of participation possible for your clients.

You will:

- Identify gaps between funding policies and meeting the mobility needs of people with a mobility disability.
 - Discuss case examples and situations where clients may be marginalized by the process and prescription of mobility equipment.
 - Critically appraise and examine your own processes to support best practice.
 - Identify at least two barriers to performing and documenting a fully transparent mobility assessment.
 - Develop an action plan with at least one change in the assessment process.
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2023 OSOT Conference Exhibitors

Saturday, October 28 | Afternoon Workshops

3:15 pm - 4:45 pm

6B - Practical Strategies to Promote and Manage the Assignment of Services to Occupational Therapist Assistants

Kala Subramaniam (she/her), M.Sc., B.Sc.O.T., OT Reg. (Ont.), Professor OTA & PTA Program, Centennial College, **Karen Koseck (she/her)**, M.Sc., B.Sc.O.T., OT Reg. (Ont.), Program Coordinator and Professor OTA & PTA Program, Centennial College and **Debra Cooper (she/her)**, BAHSc, CAOT OTA & PTA Practice Network Chair, Toronto Rehabilitation Institute - Lyndhurst Campus

Have you considered how an OTA student might help you in understanding the role of the assistant, and in promoting intra-professional collaboration for effective occupational therapy service delivery? The new Competencies for Occupational Therapists in Canada include the management of services through assignment to assistants (A7 Competencies for Occupational Therapists in Canada, ACOTRO, ACOTUP & CAOT, 2021). As occupational therapists in Ontario, we must apply these competencies to our practice when working with OTAs and OTA students. Our reflections should include identifying practice situations where clients may benefit from OTA services, understanding how we can assign to assistants, and supervising OTA services. Part of our role of engaging with the profession is our ability to contribute and support the learning of OTAs in their fieldwork placements.

This workshop will help you understand how to apply the competencies in practice as they relate to working with OTAs and OTA students. An overview of seven key areas will include a discussion of accountability, supervision, communication, consent, record keeping, risk management, and safety. Real life examples of innovative delivery models that have led to successful intra-professional collaboration will be provided. You will leave with practical strategies to promote and manage the assignment of services to OTAs.

You will:

- Understand the benefits and challenges of five key competency areas on intra-professional collaboration with an OT/OTA partnership and as an OTA preceptor.
 - Explore and address specific OT/OTA/OTA student strategies to reduce the challenges and lead to a successful partnership.
 - Describe the benefits of effective intra-professional collaboration to the promotion of the occupational therapy profession.
-

Thank you to our conference planning team!

- **Erin Mara**, OT Reg. (Ont.)
- **Heather Harder**, OT Reg. (Ont.)
- **Joanne Andrews**, OT Reg. (Ont.)
- **Mandy Zimmer**, OT Reg. (Ont.)
- **Victoria Danesi** (she/her), Learning and Communications Associate
- **Seema Sindwani** (she/her), OT Reg. (Ont.), Manager, Professional Practice
- **Marnie Lofsky** (she/her), OT Reg. (Ont.), MA (Leadership), Executive Director

Poster Presentations

Join your colleagues on a guided journey through their research projects and initiatives. Presenters will be available to discuss their posters and answer questions in the exhibit hall:

Friday, October 27

- Exhibit Hall Reception | 5:00 pm - 7:00 pm

Saturday, October 28

- Breakfast | 8:00 am - 8:45 am
- Nutrition Break | 10:00 am - 10:30 am
- Lunch | 12:00 pm - 1:30 pm

A Novel Approach to Improving Access to Occupational Therapy: The Rapid Access OT

Punita Laurier, OT Reg. (Ont.), **Brydne Edwards**, OT Reg. (Ont.), PhD, Department of Occupational Science and Occupational Therapy, Temerty Faculty of Medicine, University of Toronto, **Jessica Hope**, MPH, **William Lomas**, PT, BHSc(hons), MPT, MBA

Accommodating Students with Disabilities: Clinical Preceptors' Experiences

Shaminder Dhillon (she/her), PhD (candidate), McMaster University, **Sandra Moll**, PhD, Associate Professor, McMaster University, **Magda Stroinska**, PhD, Professor Emeritus, McMaster University, **Elizabeth Marquis**, PhD, Associate Professor, McMaster University, **Patty Solomon**, PhD, Professor Emeritus, McMaster University

Enhancing Participation: Parkinson's Education Program Evaluation

Olivia Crozier (she/her), BHSc, **Jeffrey Holmes (he/him)**, PhD, OT Reg. (Ont.), **Janelle Unger (she/her)**, PhD, PT, **Liliana Alvarez (she/her)**, PhD OT Reg. (Ont), **Jacobi Elliott (she/her)**, PhD, **Dalton Wolfe (he/him)**, PhD

Exploring Role Emerging Fieldwork Placements for Occupational Therapist Assistant Students

Kala Subramaniam (she/her), M.Sc., B.Sc.O.T., OT Reg. (Ont), Professor OTA & PTA Program, Centennial College, **Karen Koseck (she/her)**, M.Sc., B.Sc.O.T., OT Reg. (Ont), Program Coordinator and Professor OTA & PTA Program, Centennial College

How's It Going? A Process Evaluation of an Occupational Therapy Role Expansion

Erin Lawson (she/her), MPH (Health Promotion), OT Reg. (Ont.), Occupational Therapist and Interprofessional Education Specialist, SickKids. Additional authors: **Jennifer Burnside**, OT Reg. (Ont.), **Connie Cameron**, RN, MN, **Maggie Harkness**, MA (Lead), OT Reg. (Ont.), **Jamil Lati**, MScPT, **Vanessa Mucci**, PT

Interdisciplinary Integrated Approach for Severe TBI Treatment

Ana Gollega, BHSc.O.T. MSc. Anatomy; CHT, OT Reg. (Ont.), Propel Physiotherapy, **Nick Li**, BKin., MScPT, Registered Physiotherapist, Propel Physiotherapy

Poster Presentations

Oh Canada Our Home Not Native Land: A Scoping Review of Internationally Educated Occupational Therapists' Journey to Workplace Integration

Mercerina "Myrene" Lyчек (she/her), MPH, OT Reg. (Ont.), Department of Population Medicine, University of Guelph, **Jillian Stringer (she/her)**, MPH, PhD student, Department of Population Medicine, University of Guelph, **Andrew Papadopoulos (he/him)**, PhD, Professor, Department of Population Medicine, University of Guelph, **Jennifer E. McWhirter (she/her)**, PhD, Associate Professor, Department of Population Medicine, University of Guelph, **Basem Gohar**, PhD, MSc, C.Psych, Assistant Professor, Department of Population Medicine, University of Guelph, Clinical Psychologist

Partners in Care: Including Caregivers for Improved Patient Health Outcomes

Shrid Dhungel (he/him), MPH, Project Lead, Strategic Partnerships & Innovation, The Ontario Caregiver Organization

The Emerging Role of OTA/PTA in Recovery from Substance Abuse

Karissa Caplan (she/her), OTA/PTA Graduate, **Kaeleigh Noble (she/her)**, OTA/PTA Graduate

The Impact of an 8-Week Nature OT Group Intervention on Social-Emotional Skills in Children Ages 4-12 years

Alanna Davis (she/her), OT Reg. (Ont.), Davis Occupational Therapy

Using Co-design Principles to Explore Patient and Caregiver Perspectives of the Early Supported Discharge Program for Stroke Recovery

Elena Ricci (she/her), Occupational Therapist New Grad, The University of Toronto, **Rachna Chaudhary (she/her)**, Director of Program Operations, Stella's Place



2023 OSOT Conference Exhibitor

Delegate Information

Registration Details

Your full conference fees include: breakfast, lunch, nutrition breaks, workshop registration, attendance at the Awards and Recognition ceremony, opening and closing ceremonies, attendance at the Barbara Sexton Lectureship and sector networking event, and access to the exhibit hall, including the Friday evening reception with refreshments.

Per day registration includes breakfast, lunch, nutrition breaks, workshop registration and events hosted on the day you register.

Social event is an additional \$65 (+ HST) per person.

Accessibility and Accommodations

Please indicate any accessibility and/or accommodation requirements when registering.

Dietary Needs

Please indicate any dietary requirements when registering. We will do our best to accommodate. Same day/on-site dietary requests are subject to fees as determined by the venue staff and delegates will be solely responsible for payment.

Travel and Parking

[RBC Place London](#) is located at 300 York Street, London, Ontario, N6B 1P8. Parking is \$12 per day.

OSOT has reserved a block of rooms at the DoubleTree by Hilton Hotel London Ontario at the rate of \$149 (+ HST) per night. [Reserve your hotel room](#). Guests receive complimentary parking and the conference venue is half a kilometre away.

Receive discounts on [WestJet](#) and [Via Rail](#).

Privacy Statement

Registration information is collected to process registrations and payments for the conference and to correspond with delegates. When registering, delegates have the opportunity to consent to their name and email being shared with exhibitors and sponsors for follow-up communications after conference. Delegate names will be visible on the conference mobile app and exhibitors and/or delegates may message each other on the app. There is an option to remove a name publicly from the app.

Consent to Photograph/Video

Attendance at OSOT's 2023 Conference assumes consent for the Ontario Society of Occupational Therapists to photograph/video delegates and use unidentified images in OSOT's promotional materials (e.g. on website, future conference promotions, etc.).

Refund Policy

Cancellation requests must be received in writing to osot@osot.on.ca.

- Received by September 27 will be refunded less a \$50.00 administrative fee.
- Received between September 27 and October 13 will receive a 50% refund.
- No refunds will be granted after October 13.
- Cancellation requests received due to medical reasons will be assessed on a case-by-case basis.
- Cancellations for the social event only will be refunded less a \$5 administrative fee.

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.

COVID-19/Feeling Unwell?

We encourage everyone in attendance to screen for any cold, flu, or COVID symptoms prior to and throughout the conference and take measure to refrain from joining if symptoms appear and you feel unwell. OSOT will provide disposable, surgical masks on-site at the conference.

Workshop Capacity

We will do our best to accommodate your workshop choices. Some sessions are close to capacity and we are working with the venue regarding space options. We will be in touch closer to conference in the event we need to ask you to change a workshop choice and offer our sincere apologies in advance if this is the case. Please [contact us](#) with any questions.

Conference Registration Fees

All fees are subject to 13% HST.

Full Conference

Early Bird | By October 11

OSOT Member	\$485
Non-member	\$620
Student/New Grad OSOT Member	\$230

Regular | After October 11

OSOT Member	\$585
Non-member	\$720
Student/New Grad OSOT Member	\$280

Rate Per Day

Early Bird | By October 11

OSOT Member	\$309
Non-member	\$395
Student/New Grad OSOT Member	\$120

Regular | After October 11

OSOT Member	\$359
Non-member	\$445
Student/New Grad OSOT Member	\$120

Social Event



Friday, October 27
7:30 pm - 10:30 pm

Join us at [Palasad Social Bowl](#) for a night of fun, food, bowling, arcade and live band.

\$65 (+ HST)

Attend the Barbara Sexton Lectureship only for \$70 (+ HST).

Not an OSOT member? [Join today](#) and SAVE UP TO \$135 on conference fees.

[Register Now](#)

Accommodations

Making a weekend out of it?

Rooms at the [DoubleTree by Hilton Hotel London](#) are sold out for Friday October 27. Limited rooms at preferred rate still available for Thursday October 26 and Saturday, October 28.

Limited rooms at preferred rate are still available at the [Residence Inn by Marriott](#) for Thursday October 26, Friday October 27, and Saturday October 28.