



2025 Conference Program

Ontario Society of Occupational Therapists' 2025 Conference

 October 23–24, 2025

 Marriott Downtown at CF Toronto Eaton Centre



Land Acknowledgement

The Ontario Society of Occupational Therapists acknowledges that the land we are meeting on is the traditional territory of many nations including the Mississaugas of the Credit, the Anishnabeg, the Chippewa, the Haudenosaunee and the Wendat peoples and is now home to many diverse First Nations, Inuit and Métis peoples.

We also acknowledge that Toronto is covered by Treaty 13 with the Mississaugas of the Credit.

We are grateful to learn and gather on this land.

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Welcome



We are thrilled to welcome you to the **in-person 2025 OSOT Conference in Toronto!** Join us to network, develop new skills, and celebrate Occupational Therapy Month. This year is bigger than ever before so don't miss out - [register today!](#)

Thank you to our platinum sponsor, **University of Toronto's Department of Occupational Science & Occupational Therapy**, who has generously supported our first day events. We look forward to welcoming student occupational therapists and faculty along with all other delegates, presenters, and colleagues.

We're **opening our conference** with a conversation with The Great Canadian Baking Show contestant **Patty De Guia**. Learn about Patty's journey as an above knee amputee and stage 4 melanoma and stroke survivor and the **role occupational therapy played in helping her find her new identity**.

In the evening on day one, join us for the **OSOT Semi-Formal Awards and Recognition Event** to connect with your colleagues and recognize the contributions of our members. This is a must attend OSOT social event!

The celebration continues on day two with an **engaging mindful watercolour activity facilitated by an occupational therapist and physiotherapist**. Join for some self-care, a creation of your own to take home, and learn strategies for your work with clients.

We wish to extend a big **thank you to our exhibitors and sponsors** for their pivotal support in making the OSOT conference an ongoing success. Engage with exhibitors throughout the conference and at our first ever guided tour of the exhibit hall.

We continue to **offer workshop-based learning**, which is **hands-on, interactive, and easily integrated into your work**. We are also excited to welcome **occupational therapist assistant members** to their first in-person conference.

Hosting a conference that delivers high quality education and networking opportunities is only made possible by the dedication of so many people. We thank our conference planning team members, the OSOT Board of Directors, the OSOT staff team, and all of you – our members. Come and see what all the excitement is about – **explore the full program** and join us in Toronto on October 23 and 24!

Warmly,



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



Seema Sindwani (she/her), OT Reg. (Ont.),
Director, Strategic Partnerships and Practice

Featured Events



Opening Ceremony

Thursday | 8:45 am - 9:00 am

We look forward to welcoming you to the [Marriott Downtown at CF Toronto Eaton Centre](#) at the opening ceremony. After enjoying a continental breakfast, join your colleagues for the opening keynote.

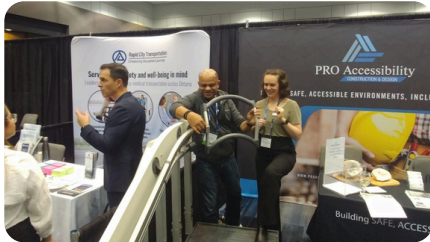


Exhibit Hall Reception

Thursday | 4:15 pm - 6:30 pm

Network with dozens of vendors and discover unique opportunities to enhance your practice. Refreshments are included as part of your registration fee. Use the conference app when networking for a chance to win prizes!



Poster Presentations

Thursday and Friday



Join your colleagues on a journey through their research projects and initiatives. Presenters will be available to discuss their posters and answer questions. [Visit the full schedule for times.](#)



OSOT Awards and Recognition Semi-Formal Event

Thursday | 7:00 pm - 10:00 pm

The fun continues at the 2025 OSOT Awards and Recognition Event. Enjoy dinner and entertainment while we recognize the recipients of the 2025 Honorary Life Member Award, Award of Merit, Innovation and Impact Award, and more! \$100 (+ HST) per person.



Exhibit Hall Guided Tour

Friday | 12:35 pm - 1:45 pm

Break into small groups for a guided tour experience of the exhibit hall. Engage with the exhibitors and ask your questions about their products and services that support your practice.



Celebrate Occupational Therapy Month

Throughout the Conference

What better way to celebrate Occupational Therapy Month than by being at a conference with hundreds of colleagues and friends. Celebrate at our photo booth and share what occupational therapy means to you.

Day 1 - Opening Keynote

Abled to Disabled

October 23 | 9:00 am - 10:00 am



Patty De Guia (she/her)

Join us for a conversation with Patty De Guia, who describes herself as having been a "once able-bodied professional woman and mother, to a permanently disabled aging empty nester." We'll have an intimate conversation with Patty about what her journey as an above knee amputee and stage 4 melanoma and stroke survivor has been like, and the valuable role occupational therapy has played in her road to recovery and finding her new identity.

Learn about her remarkable life story from being a professional photographer to more recently a contestant on The Great Canadian Baking Show. Her story is sure to inspire us, give us some laughs, and maybe some tears. This is a keynote you don't want to miss.

Sponsored by:



Occupational Science & Occupational Therapy
UNIVERSITY OF TORONTO

Day 2 - Opening Activity

Mindful Watercolour: Incorporating Artistry and Play Into Practice

October 24 | 8:55 am - 10:05 am



Occupational therapy has been rooted in creative practices since its very inception. The arts represent different ways of knowing and of doing. Join the presenters as they share how the arts can inform clinical practice. With the increasing stressors in our work and personal lives, we need more self-care that can restore us.

Painting can be exciting and fun for some people, but may feel awkward to others - particularly if you don't have experience with it or haven't done it in a while. This session will give you the opportunity to discover playful tools to liberate your creative self. We encourage you to silence your inner critic, to play, and to embrace the messiness!

Facilitators



Isabel Fryszberg
(she/her), OT Reg. (Ont.)












Janet Parsons (she/her),
PhD, MSc, BScPT, BA

Sponsored by:



Schedule | Thursday, October 23







 Click on the workshop titles to learn more.

8:00 am – 8:45 am	 Breakfast				
8:45 am – 9:00 am	Welcome				
9:00 am – 10:00 am	Opening Keynote: Abled to Disabled Sponsor:  Occupational Science & Occupational Therapy UNIVERSITY OF TORONTO				
10:00 am – 10:30 am	 Nutrition Break Sponsor:  Health				
10:30 am – 12:00 pm	1A - OT Psychotherapy: A View from the Inside of an OT CBT Psychotherapy Session	1B - When Home is Not Accessible: Occupational Therapy Solutions for Real-Life Barriers	1C - Tools to “Support” Your Clients After Stroke, Giving Them Agency in Their Recovery	1D - Unlocking the Potential of Occupational Therapists - Leveraging Wearable Data and AI for Enhanced Treatment Planning	1E - Prepare Yourself for What Comes Next: Panel Presentation for Students and New Graduates
12:00 pm – 1:00 pm	 Lunch				
1:00 pm – 2:30 pm	2A - Enhancing Practice with Cognitive Interventions for Schizophrenia Spectrum Diagnoses	2B - Not Just a Grab Bar: A Collaborative Approach to Home Modifications	2C - When Stroke Rehab Accesses Technology in a Multidisciplinary Community Rehabilitation Setting	2D - Harnessing AI for Efficient Documentation in Occupational Therapy Practice	2E - Speed Mentoring Panel for Students and New Graduates
2:30 pm – 2:45 pm	 Nutrition Break Sponsor:  PROLINK <small>Canada's Professional Career Link</small>				
2:45 pm – 4:15 pm	3A - Developing and Implementing the Living Safety Plan Kingston (LSP-K), an Intervention for Suicide Prevention	3B - How to Choose the Right Sling at the Right Time: A Simplified Approach	3C - Skillful Conversations: Addressing Sexual Health with Confidence in Occupational Therapy	3D - Drawing the Line: Professional Boundaries in Occupational Therapy Practice	3E - Thelma Cardwell Lecture What Makes a Good (Occupational) Life? Past Lessons, Future Visions
4:15 pm – 6:30 pm	 Exhibit Hall Reception and Poster Presentations				
7:00 pm – 10:00 pm	 2025 OSOT Awards and Recognition Semi-Formal Event				

 - Break
  - Special Event
  - Workshop

Schedule | Friday, October 24

 Click on the workshop titles to learn more.

8:00 am – 8:45 am	 Breakfast, Exhibit Hall Networking, and Poster Presentations				
8:45 am – 8:55 am	Welcome				
8:55 am – 10:05 am	Mindful Watercolour: Incorporating Artistry and Play Into Practice Sponsor:  				
10:05 am – 10:20 am	 Nutrition Break, Exhibit Hall Networking, and Poster Presentations				
10:20 am – 11:50 am	4A - Return to Work in Context: OT Strategies for Addressing Work Disability Across Systems	4B - Skin Breakdown? Not on My (OT) Watch!	4C - Rethinking Self-Regulation in Autism: The BEST® Strategies Approach to Effectively Supporting Autistic Children and Youth	4D - Guided by Principles: Navigating Ethical Challenges in Auto Sector Occupational Therapy Assessments	4E - Small Changes, Big Impact: Taking Action for Personal Success
11:50 am – 12:35 pm	 Lunch, Exhibit Hall Networking, and Poster Presentations				
12:35 pm – 1:45 pm	Exhibit Hall Guided Tour				
1:45 pm – 3:15 pm	5A - AI Unplugged: Demystifying Artificial Intelligence to Boost Work Productivity	5B - 24 Hour Positioning: Benefit vs Practicality	5C - Back in Class and Back on Track: Supporting Students to Return to School After Concussion	5D - Enabling Occupation: Commentary and Conversations about the Assessment of Attendant Care Benefit (Form 1)	5E - From Assessment to Self-Management: Equipping OTs to Manage Arthritis in Complex Clinical Pictures
3:15 pm – 3:30 pm	 Nutrition Break				
3:30 pm – 4:30 pm	6A - Workplace Mental Health Isn't a Unicorn - But Occupational Therapy Might Be	6B - Navigating Life: Strategies for Bariatric Wheelchair Users	6C - Partnering for Change (P4C): Transforming School Environments through Collaborative Occupational Therapy	6D - Applying Principles of Culture, Equity, and Justice, in the Auto Sector	6E - Disability Literacy 101: Inclusion Education for the Workplace
4:30 pm – 5:00 pm	Closing Ceremony and Raffle Prize Winners Announced				



- Break



- Special Event



- Workshop

Thursday, October 23 | Morning Workshops

10:30 am - 12:00 pm

1A - OT Psychotherapy: A View from the Inside of an OT CBT Psychotherapy Session

Gord Hirano (he/him) MSc, BHSc. (OT), OT Reg. (Ont.), Hamilton Program for Schizophrenia

Co-presented by an occupational therapist and client, this unique workshop will provide an opportunity to understand occupational therapy psychotherapy from the perspectives of both the OT and the client. You will hear audio of an actual occupational therapy cognitive behavioral therapy (CBT) psychotherapy session followed by an in-person presentation by the OT. The presenter will share details of their clinical reasoning and psychotherapy approaches and then the client, in-person, will share their experience and perspectives. You will have opportunity to ask questions throughout the workshop.

You will:

- Describe the components of the beginning, middle, and end of a CBT psychotherapy session.
 - Recognize some of the factors that contribute to OT clinical reasoning in a CBT psychotherapy session.
 - Identify some of the factors that promote effective client experiences in OT psychotherapy.
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Thank you:



Occupational Science & Occupational Therapy
UNIVERSITY OF TORONTO

Platinum Sponsor

Thursday, October 23 | Morning Workshops

10:30 am - 12:00 pm

1B - When Home is Not Accessible: Occupational Therapy Solutions for Real-Life Barriers

Margot McWhirter (she/her), OT Reg. (Ont.), MA, Inclusive Aging and **Kirstin Yuzwa (she/her)**, MSc, MScOT, OT Reg. (Ont.), St. John's Rehab, Sunnybrook Health Sciences Centre

Occupational therapists play a key leadership role in the home modification (HM) process by applying clinical knowledge to recommend functional accessibility-related HMs. OTs commonly work with licensed tradespeople on HMs, yet we hold an exclusive position as regulated professionals with public accountability for safety and quality assurance. Therapist involvement across the process, however, is limited by factors such as funding for services and home visit constraints. As a result, it often falls to clients and families to navigate the complex landscape of decentralized information, product and design solutions, legal rights, construction and technology services, and the financial resources that are needed to achieve HMs.

In this workshop, you will learn about simple and complex HM solutions, design elements, and common barriers that limit occupational engagement and participation. We will explore HM solutions alongside attitudinal and social barriers that often sabotage well-intentioned plans - from ageist and ableist assumptions and aesthetic judgments to cost-benefit misconceptions and resistance from landlords or tradespeople. This workshop will present recent research evidence and build competence and confidence among OTs working in various practice settings when recommending HMs and in empowering clients to navigate the HM process.

Case studies will be used to assist you to recognize physical access and attitudinal barriers, and apply HM solutions that help meet the needs of clients, families, and caregivers to promote occupational engagement inside the home and beyond.

You will:

- Define and distinguish key terms, including home modification, accessibility, visitability, adaptability, and universal or inclusive design.
 - Describe home modification solutions to remove access barriers and promote occupational participation.
 - Develop effective dialogue and responses to address attitudes and misperceptions that restrict the adoption of home modifications.
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Thank you:



Gold Sponsor

Thursday, October 23 | Morning Workshops

10:30 am - 12:00 pm

1C - Tools to “Support” Your Clients After Stroke, Giving Them Agency in Their Recovery

Sherry Rock (she/her), OT Reg. (Ont.), Adult NDTA™ OT instructor

Have you ever struggled to figure out how you can support your clients holistically, after a stroke to empower and enable them to maximize their function, outside of structured therapy time? Having a stroke or brain injury can significantly impact a client’s roles, responsibilities, and life as they know it. They are often unable to participate in life roles and occupations that are meaningful to them. Canadian Stroke Best Practice 2024 reinforces that clients need to engage in meaningful, repetitive, increasingly adaptive, and task specific goal-oriented therapy to maximize their function and the potential of the affected upper extremity (UE).

It can be challenging to figure out how to best manage your time and ensure you are being holistic when assessing and addressing all of the client’s impairments, while working toward client goals that incorporate the more involved UE into tasks. This workshop will provide an opportunity to look at how you can empower and give your clients agency in their own recovery by considering the importance of listening, educating, and providing some basic physical and well-being strategies they can do outside of structured therapy time. The focus of the content will be on upper extremity recovery, post stroke. We will look at occupational therapy and NeuroDevelopmental (NDT) principles while considering clients’ well-being to address client goals.

You will:

- Outline basic principles of NeuroDevelopmental Treatment (NDT) and neuroplasticity and how they apply to client care as an occupational therapist and occupational therapist assistant.
- Identify normal movement patterns and alignment. Understand how your clients may deviate from these movement patterns after stroke or brain injury.
- Apply task analysis of meaningful occupations and normal movement principles to help develop basic functional/home programming while considering clients’ impairments and environment.
- Recognize how you can support your clients’ well-being by engaging them and their families in their recovery through education and practical strategies to be implemented outside of therapy to maximize function.

Thank you:



MOTION

Bronze Sponsor

Thursday, October 23 | Morning Workshops

10:30 am - 12:00 pm

1D - Unlocking the Potential of Occupational Therapists - Leveraging Wearable Data and AI for Enhanced Treatment Planning

Shannon Orr, OT Reg. (Ont.), Clinical Lead, **Lauren Fehlings**, OT Reg. (Ont.), Product & Integration Lead and **Shelley Vaisberg**, OT Reg. (Ont.), Chief Clinical Officer, Brainbot Rehab

As technology evolves, occupational therapists have exciting new opportunities to enhance care through wearable technology and artificial intelligence (AI). This workshop explores how integrating real-time data from smartwatches, fitness trackers, and biosensors, paired with AI-driven insights, can support more personalized, adaptive, and effective treatment planning.

You will learn how wearable technology can track meaningful indicators such as movement, sleep patterns, fatigue, and cognitive function. AI can analyze this data to uncover patterns, predict needs, and guide evidence-informed interventions between sessions - helping you respond proactively to client changes and improve outcomes.

This approach is particularly impactful for individuals recovering from brain injuries. By continuously monitoring functional abilities and symptoms, clinicians can better understand fluctuations in cognition, energy levels, and mood - allowing for earlier adjustments in care and more responsive support. Ultimately, this data-driven approach empowers clients, promotes independence, and supports a higher quality of life by aligning treatment with their real-time needs and goals.

The workshop also emphasizes ethical practice, including privacy, informed consent, and maintaining the therapeutic relationship in a tech-supported model of care. Through real-world case studies and interactive discussions, participants will explore how these tools have already been successfully integrated into practice.

You will:

- Identify how wearable technologies, such as, smartwatches, fitness trackers, biosensors, can be used to monitor key functional indicators including, movement, fatigue, sleep, and cognition, in individuals with brain injuries.
 - Explain how artificial intelligence can analyze wearable data to detect patterns, predict client needs, and support timely, evidence-informed occupational therapy interventions.
 - Apply practical strategies to integrate wearable data and AI insights into client-centered treatment planning to enhance quality of life and functional independence, particularly in brain injury rehabilitation.
 - Evaluate ethical and professional considerations related to data privacy, informed consent, and the responsible use of technology within occupational therapy practice.
 - Engage in collaborative problem-solving and case-based discussions to explore real-world applications, challenges, and benefits of using wearable technology and AI in clinical care.
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Thursday, October 23 | Morning Workshops

10:30 am - 12:00 pm

1E - Prepare Yourself for What Comes Next: Panel Presentation for Students and New Graduates

Spend your morning with a 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. Panel members will be announced soon!

Thank you:



access abilities

Your ability store. Our passion.

Bronze Sponsor

Thursday, October 23 | Afternoon Workshops

1:00 pm - 2:30 pm

2A - Enhancing Practice with Cognitive Interventions for Schizophrenia Spectrum Diagnoses

Courtney Brennan (she/her), OT Reg. (Ont.), Centre for Addiction and Mental Health

This interactive workshop provides an overview of schizophrenia spectrum disorders and current evidence-based treatment approaches to address the cognitive needs of this population. You will examine the emerging role of cognitive interventions for individuals with schizophrenia spectrum diagnoses and explore real-world challenges in implementing these approaches in clinical settings.

Special focus will be placed on executive function and Cognitive Adaptation Training (CAT), including its theoretical foundations and a case-based account of the development of an occupational therapist-led CAT program within a mental health practice setting. CAT has applications across environments, including inpatient hospital settings, outpatient independent, shared, or supported settings, as well as work and school settings. By the end of the workshop, you will be equipped to evaluate your use of cognitive intervention strategies in your own practice with individuals diagnosed with schizophrenia spectrum disorders and identify resources to build your toolkit.

You will:

- Explain the cognitive impacts of schizophrenia spectrum diagnoses and their impact on function.
 - Categorize and evaluate different modalities of cognitive rehabilitation for individuals with schizophrenia spectrum diagnoses.
 - Describe the CAT model and its foundational principles.
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Thank you:



Health

Bronze Sponsor

Thursday, October 23 | Afternoon Workshops

1:00 pm - 2:30 pm

2B - Not Just a Grab Bar: A Collaborative Approach to Home Modifications

Mira Miller (she/her), OT Reg. (Ont.), BA, BPHE, BScOT, MEd, CCLCP, Consultant to Carol Bierbrier & Associates and **David Wallace (he/him)**, Vice President, The Adapt-Able Design Group

Occupational therapists are frequently called upon to address environmental barriers to maximize client independence following a change in functional status. While OTs possess fundamental assessment skills to identify environmental barriers pertaining to occupational engagement within specific settings, it is important to recognize when collaboration with a housing expert is beneficial for the client. Beyond installation of grab bars and portable ramps, consideration must be given to the structure, various codes and zoning requirements, to develop an architecturally intelligent and cost-effective solution. A team approach prevents the development of a design, and contractors, from over or under accommodating client needs and removes liability from the OT for construction work. Furthermore, the importance of involving those with housing experience to address more complicated solutions was recently highlighted in a 2024 court ruling.

This workshop will explore examples of different clients and housing scenarios of varying degrees of complexity and their typical outcomes both with and without collaboration. It includes creative ways to resolve environmental barriers through critical thinking and utilization of a creative and holistic approach, while considering the practicalities of funding to yield the most desirable results. The focus is not to review sources of funding.

Both presenters have extensive experience working in medical-legal (private funding), and community (public/no funding) settings and have testified as experts in the Canadian courts. This workshop is pertinent to everyone given the expectation that OTs must provide a rationale when seeking funding from government, third-party, community-based, or special interest agencies who assist those requiring home modifications.

You will:

- Differentiate between OT and housing expert roles for home modifications.
 - Successfully appraise the need for involvement of a housing expert.
 - Justify the involvement of housing experts to funding agencies when necessary.
 - Confidently support funding recommendations for home modifications based on acquired knowledge.
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Thursday, October 23 | Afternoon Workshops

1:00 pm - 2:30 pm

2C - When Stroke Rehab Accesses Technology in a Multidisciplinary Community Rehabilitation Setting

Ana Gollega (she/her), OT Reg. (Ont.), MSc. Anatomy, BScOT, Certified Hand Therapist and
Kyle Whaley, PT, BScPT, BSc, BPHE, CAFCI, Propel Physiotherapy

In this workshop, we will discuss the benefits of an interdisciplinary approach in community rehabilitation for stroke survivors where physiotherapists, occupational therapists, OTAs/PTAs, and students work together to maximize the client's potential, offering consistent practice and incorporating technology. The challenge for many stroke survivors is finding specialized rehabilitation that can offer a multidisciplinary comprehensive approach and gaining access to forefront technologies and evidenced-based advances in neurological rehabilitation.

Using a case study, we will showcase the interdisciplinary approach over three years after inpatient treatment. Based on each phase of recovery and the client's needs, best practice recommendations were implemented including: range of motion, spasticity management, splinting, strengthening exercises, gait training as well as mirror box therapy, Functional Electrical Stimulation (FES), and Saebo Glove practice for hand function.

The combination of therapeutic support, access to technology, different approaches in rehabilitation, and consistent practice allowed the client to become independent and more confident, improving their quality of life.

You will:

- Learn the different phases of stroke recovery and application of different rehabilitation techniques.
 - Compare and discuss different approaches in neuro-rehabilitation.
 - Understand the benefits of a multidisciplinary approach in community rehabilitation.
 - Identify ways to offer long-term rehabilitation in the community with limited resources and promoting best practices.
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Thank you:



Canada's Insurance Connection

Bronze Sponsor

Thursday, October 23 | Afternoon Workshops

1:00 pm - 2:30 pm

2D - Harnessing AI for Efficient Documentation in Occupational Therapy Practice

Ashley Reina (she/her), BSc. OT

Are you an AI pro or are you still unsure if it is safe and how to get started using it to support your documentation? This workshop will cover what's new and current in the world of AI that supports security of information and efficiency in documentation. Tools, such as voice-to-text and AI-powered templates, will be discussed. You will learn how to leverage AI tools to streamline documentation processes, significantly reducing the time spent on administrative tasks, and allowing more focus on client care.

Through real-life case studies and success stories, you will gain inspiration and practical examples of successful AI integration in occupational therapy practices. You will leave with actionable knowledge and confidence to implement these tools in your own practice. The workshop will also address ethical considerations and best practices, ensuring that you understand the importance of data privacy and compliance with regulations.

You will:

- Name at least three AI tools currently on the market.
- Identify where in your client workflow, you could use automation and/or AI and with what type of tools to start.
- Create an action plan for starting to integrate technology into your practice.

Thank you to our exhibitors!

The logo for KEGO, featuring the word "KEGO" in a bold, black, sans-serif font. The letter "E" is stylized with a red horizontal bar.

MCLEISH ORLANDO

OATLEY VIGMOND

THOMSON ROGERS

PERSONAL INJURY LAWYERS

Thursday, October 23 | Afternoon Workshops

1:00 pm - 2:30 pm

2E - Speed Mentoring Panel for Students and New Graduates

Attention all student occupational therapists and new graduates! Have you ever wished that 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 to learn about their day-to-day work, and the opportunities and challenges of working in their respective 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.

Mentor information to be released soon.

**Thank you to our Speed Mentoring Panel
for Students and New Graduates Sponsor:**



Thursday, October 23 | Afternoon Workshops

2:45 pm - 4:15 pm

3A - Developing and Implementing the Living Safety Plan Kingston (LSP-K), an Intervention for Suicide Prevention

Dave Carmichael (he/him), OT Reg. (Ont.), Providence Care, **Susanne Murphy (she/her)**, OT Reg. (Ont.), BScOT, MSc, Queen's University and **Kim Schryburt-Brown (she/her)**, OT Reg. (Ont.), BSc (OT), MSc, Providence Care Seniors Mental Health Behavioural Support Services

In Canada, an average of 12 people die by suicide daily. Suicidality and mental health disorders significantly impact cognition and decision-making, underscoring the need for proactive, tangible strategies that guide individuals toward safety when suicidal thoughts arise. Clinicians also often report feeling underprepared to address suicidality and require support. The Living Safety Plan Kingston (LSP-K) is a novel, evidence-informed, person-centered approach to suicide prevention that emphasizes meaningful activities, relationship building, and existential reflection. The collaborative process provides practical tools for both clinicians and clients to support safety and foster recovery. Supported by a recent systematic review and qualitative case study (manuscript in development), the LSP-K also aligns with Accreditation Canada standards.

The LSP-K is a teachable, impactful approach to suicide prevention. Initial feedback from clinicians, from adult and senior programs, indicate a positive reception and integration of the approach in their practice. This workshop will explore the LSP-K and how to implement it into your practice.

You will:

- Understand the LSP-K, including its application across demographic groups and settings.
- Explore how to employ the LSP-K tool in challenging scenarios through interactive role-play and case-based discussions to enhance practical skills.
- Describe the processes used to develop and implement the LSP-K and supporting toolkit.

Thank you to our exhibitors!



Thursday, October 23 | Afternoon Workshops

2:45 pm - 4:15 pm

3B - How to Choose the Right Sling at the Right Time: A Simplified Approach

Triina Forbell, R.Kin (Kinesiologist), ASPHA, Clinical Educator, Savaria Patient Care

Occupational therapists play a critical role in selecting appropriate lifting equipment for clients, and the effectiveness of these devices relies heavily on choosing the right sling. Drawing on the Canadian Model of Occupational Performance (CAOT, 1997) and the work of L. Demers (2000), this workshop presents a structured, practical approach to sling selection that integrates clinical reasoning with safety and functional outcomes.

You will be guided through a five-step process designed to support evidence-informed decision-making with the goal of having sling selection easier for clinicians.

This approach supports best practices across diverse care settings, including home care, long-term care, acute care, and rehabilitation. Functionality and client safety will be central themes, providing you with practical strategies to improve clinical outcomes through thoughtful sling selection.

You will:

- Understand how to match a client's functional status, mobility needs, and physical condition to determine the most appropriate sling.
 - Recognize how to select the appropriate sling in various lift environments.
 - Identify and compare various sling styles and determine their safety in different clinical applications.
 - Assess and determine correct sling sizing to enhance client safety, positioning, and comfort.
 - Evaluate factors involved in sling fabrication that influence safety, durability, and functional effectiveness.
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Thursday, October 23 | Afternoon Workshops

2:45 pm - 4:15 pm

3C - Skillful Conversations: Addressing Sexual Health with Confidence in Occupational Therapy

Dr. Stephen de Wit (he/him), DHS, MPH, ACS

Attending this workshop will empower you with the confidence and skill to navigate one of the most sensitive and often overlooked areas of client care - sexual well-being. As occupational therapists, your role is to help clients live fully, and sexual health is a crucial component of overall quality of life. You'll learn how to open up these important conversations with professionalism and empathy, ensuring your clients feel supported without overstepping boundaries.

You will:

- Confidently initiate conversations about sexual well-being with clients.
 - Normalize discussions of sexual health as part of holistic client care.
 - Apply specific strategies to incorporate sexual health into assessments.
 - Maintain clear professional boundaries while discussing sensitive topics.
 - Tailor your communication to respect diverse cultural, religious, and personal values.
-

Thank you to our exhibitors!



Thursday, October 23 | Afternoon Workshops

2:45 pm - 4:15 pm

3D- Drawing the Line: Professional Boundaries in Occupational Therapy Practice

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

All occupational therapists will encounter a professional boundary issue at some point in their career, where the lines between professional and personal get blurred. No occupational therapist ever plans to cross professional boundaries, yet even the most experienced clinicians can miss the signs where the therapeutic relationship begins to shift. This workshop will address the increasing concerns about boundary crossings, ranging from serious infractions, such as sexual abuse and misconduct, to more subtle breaches like social media friend requests.

While sexual misconduct receives significant attention, the broader concept of boundary maintenance is equally crucial. Occupational therapists must identify and manage any boundary issues that arise, as they can compromise their ability to provide safe and ethical service. The College's Standard for Professional Boundaries and the Prevention of Sexual Abuse sets out clear rules and expectations for occupational therapists to always maintain professional boundaries with their clients.

This workshop will take a closer look at the various types of boundary crossings the College is hearing about, particularly in an evolving practice environment with technology, social media, and virtual services. We will delve into the complex client-therapist dynamics and factors that can lead to the violation of professional boundaries and discuss the importance of ongoing consent and documentation. Learn practical strategies to be reflective and vigilant in practice and what steps to take if faced with a professional boundary issue.

You will:

- Understand the power imbalance in the client-therapist relationship.
 - Differentiate between a boundary crossing and boundary violation.
 - Understand the role, responsibilities, and expectations of the occupational therapist in maintaining professional boundaries and the prevention of sexual abuse.
 - Describe strategies for your own practice and actions to take if a boundary issue comes up.
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Thursday, October 23 | Afternoon Workshops

2:45 pm - 4:15 pm

3E - Thelma Cardwell Lecture | What Makes a Good (Occupational) Life? Past Lessons, Future Visions

Brenda Vrkljan (she/her), PhD, OT Reg. (Ont.)

Join Dr. Vrkljan for the University of Toronto's Department of Occupational Science & Occupational Therapy's Thelma Cardwell Lecture. More information to be released soon.

Dr. Vrkljan is a Professor and Program Director in the School of Rehabilitation Science at McMaster University where she leads the Bachelor of Health Sciences, Integrated Rehabilitation and Humanities undergraduate program. Her research focuses on supporting healthy aging through the use of advanced technology grounded in co-design and community partnership. For nearly two decades, Dr. Vrkljan has led national and international studies on medical fitness to drive and aging in place. Her work has been featured in The New York Times, CAA Magazine, The Globe and Mail, and CBC News. She is the Editor-in-Chief of the Canadian Journal of Occupational Therapy and a recipient of the YWCA Women of Distinction Award for her contributions to education, mentorship, and leadership. A passionate educator and advocate for interprofessional collaboration, she is committed to shaping the next generation of health professionals through innovative teaching and research.

What's Next On Thursday

 [View Full Thursday Schedule](#)

After a full day of workshops, the evening is just getting started! Don't miss these opportunities to connect, engage, and unwind:



Exhibit Hall Reception | 4:15 pm - 6:30 pm

Network with dozens of vendors and discover unique opportunities to enhance your practice. Refreshments are included as part of your registration fee. Use the conference app when networking for a chance to win prizes!

Poster Presentations | 4:15 pm - 6:30 pm

Join your colleagues on a journey through their research projects and initiatives. Presenters will be available to discuss their posters and answer questions.

OSOT Awards and Recognition Semi-Formal Event | 7:00 pm - 10:00 pm

Make the most of your conference experience. Gather with your friends and colleagues, dressed up (recommended, but not required), to continue your inspiring conversations from the day. Enjoy dinner while we recognize the recipients of OSOT's awards including Honorary Life Member, Award of Merit, and Innovation and Impact Award, and much more. All nominees to be announced soon. Stay until the end for some entertainment - more details to come!

Friday, October 24 | Morning Workshops

10:20 am – 11:50 am

4A - Return to Work in Context: OT Strategies for Addressing Work Disability Across Systems

Maryam Shahzad (she/her), OT Reg. (Ont.), Lifemark Health Group, PhD Student, University of Toronto

Work disability is a growing public health concern, and occupational therapists play a key role in helping individuals return to meaningful work after injury or illness. This workshop will explore current best practices for supporting clients navigating return to work (RTW), focusing on your role in assessment, intervention, and system navigation.

This workshop will provide an in-depth look at RTW through an occupational therapy lens, using concussion as a case example of invisible disability. You will review key RTW principles and discuss your role in assessment, designing interventions, and communicating with interested parties such as employers and insurers. Key practical assessment tools will be reviewed such as the Job Demands Analysis (Cognitive and Physical Demands Analysis), Functional Capacity Evaluation (FCE), Cognitive Abilities Evaluation (CAE) and ergonomic and workplace accommodation assessments. Intervention approaches will be reviewed, including work hardening, graded activity planning, cognitive work hardening, energy conservation strategies, and collaborating with the employer to facilitate RTW. Evidence-based approaches will be emphasized throughout, with a review of the current state of evidence for commonly used assessments and interventions in occupational therapy practice.

Whether you work in private practice, rehabilitation, or community health, this workshop will offer practical, evidence-based strategies to guide your work with clients experiencing work disability. The workshop will also address broader issues that impact RTW, including organizational culture, legislation and policy (e.g., Human Rights Code), disclosure of disability, stigma, and precarious work. You will leave with practical tools, critical reflections, and enhanced confidence to support clients through RTW processes across diverse sectors and systems.

You will:

- Describe core RTW principles and how they apply to occupational therapy practice.
 - Identify and navigate key legislative, policy, and system frameworks relevant to RTW, including Workplace Safety and Insurance Board (WSIB), motor vehicle accident (MVA), and Human Rights Code.
 - Apply evidence-informed assessments, such as Cognitive and Physical Demands Analysis and FCE, and interventions including cognitive work hardening and graded activity planning, to support RTW.
 - Learn strategies to engage effectively with employers, insurers, and other interested parties to facilitate workplace reintegration and communication.
 - Critically reflect on issues such as disclosure, stigma, and equity in RTW processes and advocate for client-centered outcomes.
-

Friday, October 24 | Morning Workshops

10:20 am - 11:50 am

4B - Skin Breakdown? Not on My (OT) Watch!

Laura Shapiro (she/her), OT Reg. (Ont.) and **Kristin Morrow (she/her)**, OT Reg. (Ont.), Unity Health Toronto

Pressure injuries can have a significant and negative impact on a client's quality of life and their ability to perform ADLs and IADLs. It impacts their ability to sit and move, causes pain and suffering, and can be very expensive both for the client and the organization to address. It also leads to increased length of stay in hospital and is much easier to prevent than it is to treat. Occupational therapists can play a key role in providing recommendations for pressure injury prevention and/or wound healing. OTs are also positioned to educate the client and team on how to best care for clients who are at high risk of skin breakdown or who are already experiencing skin breakdown. Best practice guidelines and practical solutions that can help prevent and treat pressure injuries will be explored. Proper techniques for seating, positioning, use of heel boots, and other therapeutic equipment to prevent risk for skin breakdown will also be discussed.

This workshop is designed to educate OTs on how to advocate for their role, and recommendations to make for the prevention and treatment of skin breakdown.

You will:

- Understand the difference between friction and shearing.
- Learn how to properly position and reposition patients in bed and wheelchair.
- Explore different kinds of offloading boots and how to properly don them.
- Understand the different properties of mattresses.
- Learn the different factors that can lead to skin breakdown while utilizing therapeutic equipment.

Thank you to our conference planning team!



Chantal Beaudry



Melissa Giovinazzo



Kim Lamont



Nikoleta Odorico

Friday, October 24 | Morning Workshops

10:20 am - 11:50 am

4C - Rethinking Self-Regulation in Autism: The BEST® Strategies Approach to Effectively Supporting Autistic Children and Youth

Moira Peña (she/her), BScOT, OT Reg. (Ont.)

This workshop will support you to develop a deeper understanding of autism, including the recent inclusion of profound autism to the broader discourse. You will explore recommended autism care practices that are grounded in strengths-based, neurodiversity-affirming, and trauma-informed approaches.

The second half of the workshop will focus on equipping you with practical tools and strategies through case discussions and guided reflection on your own practices.

The workshop will utilize the presenter's BEST®, Body, Emotional, Sensory, and Thinking, Strategies Approach. This framework provides a structured way to guide clinical decision making around supporting self-regulation in autistic children and youth through the use of evidence-based and research-informed sensory-based interventions (SBIs).

You will leave this workshop feeling more confident in your knowledge and skills to create effective therapy plans that consider the unique sensory, emotional, motor, and cognitive profiles of autistic children and youth.

You will:

- Gain a deeper understanding of autism and how it presents in children and youth, including those with profound autism.
 - Reflect on how latest research insights into self-regulation in autism can inform and enhance your clinical practice.
 - Learn how to apply the BEST® Strategies Approach to guide your clinical decision making in addressing self-regulation in autistic children and youth.
 - Better understand contributing factors to challenging, interfering, or dysregulated behaviours.
 - Add new and actionable strategies to your therapy toolbox.
-

Thank you to our exhibitors!

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Friday, October 24 | Morning Workshops

10:20 am - 11:50 am

4D - Guided by Principles: Navigating Ethical Challenges in Auto Sector Occupational Therapy Assessments

Bani Ahuja (she/her), OT Reg. (Ont.), Certified Canadian Life Care Planner, Bani Ahuja Occupational Therapy Professional Corporation

This workshop is designed to address the complex ethical challenges faced by occupational therapists working in the Ontario auto insurance sector, especially in the context of the Statutory Accident Benefits Schedule (SABS), independent medical examination (IME) environments, and insurer-client dynamics. You will explore how ethical principles apply to assessment, reporting, and interaction with various interested parties while maintaining professional integrity and client-centered care.

You will:

- Identify common ethical dilemmas encountered in OT auto sector assessments, including conflict of interest, dual loyalty, and impartiality.
 - Apply the College of Occupational Therapists of Ontario's Code of Ethics and relevant legislation to real world scenarios.
 - Recognize boundaries between advocacy, professional judgment, and third-party expectations in independent evaluations.
 - Develop strategies to mitigate ethical risks, including proper documentation, clear communication, and collaborative problem-solving.
 - Reflect on the impact of system-level pressures, such as insurer/lawyer expectations, report timelines, and fee schedules, on ethical decision-making.
-

Thank you to our exhibitors!



Friday, October 24 | Morning Workshops

10:20 am - 11:50 am

4E - Small Changes, Big Impact: Taking Action for Personal Success

Milinda Alexander (she/her), OT Reg. (Ont.), PCC level coach, BHSc OT, MA Leadership

We all have habits, routines and preferences that fill our days - some of which we rely on to function and some of which we choose to make us happy. Routines and habits can reduce cognitive overload. The presenter will discuss a framework that uses our everyday routines and habits as a formula for change. Change can be overwhelming and putting our energies into new processes can be challenging. But, what if you could make tiny changes that would help you better enjoy the moments in your life? In this workshop, you will have the opportunity to explore personal growth and easy ways to get started on making changes.

Think about this: "If you can get one percent better each day for one year, [whether that's a habit or a goal] - you'll end up thirty-seven times better by the time you're done." (Clear, 2017). The presenter will share how she used a growth mindset to better position her for success in her life; she'll even share what she spends 50-60 seconds doing every day that brings her joy. You will explore your hopes and goals and take actionable steps that are obvious, attractive, easy, and satisfying to move you into the direction of the person and clinician you really want to be.

You will:

- Understand the research behind growth mindset and explore how adopting this perspective can assist you to embrace challenges, persist through setbacks, and unlock your full potential.
- Reflect on the changes you want to see in your life and identify where small, intentional shifts can lead to meaningful personal and professional growth, supporting long term positive results.
- Leave with actionable steps to integrate new habits and mindsets, setting you up for continuous progress and fulfillment.

Thank you to our Board of Directors!



Friday, October 24 | Afternoon Workshops

1:45 pm – 3:15 pm

5A - AI Unplugged: Demystifying Artificial Intelligence to Boost Work Productivity

Kelly Stewart (she/her), OT Reg. (Ont.), Occupational Therapist and Training Manager, Gowan Consulting

Artificial intelligence is no longer a futuristic concept – it's already shaping healthcare and workplace productivity. Yet, for many occupational therapists, AI remains a source of confusion, skepticism, or even fear. This interactive workshop offers a safe, practical, and engaging introduction to AI. The content is tailored to OTs in diverse practice settings, with a focus on work productivity and is applicable to supporting your own or your clients' IADLS.

You will explore how AI can support your communication, time management, and productivity at work. This workshop is also applicable for OTs who support employees at work. We'll focus on free or low-cost tools that can be ethically integrated into everyday workflows to enhance productivity, reduce burnout, and support person-centred care.

You will leave this workshop with practical strategies, firsthand experience with AI tools, and a clearer understanding of the ethical and professional considerations in using AI as an OT. No tech background required – just curiosity and an open mind.

Please note: we will not be addressing tools geared specifically for clinical documentation use.

You will:

- Define artificial intelligence and identify its relevance to occupational therapy practice.
 - Identify at least three practical ways to use AI tools to enhance workplace efficiency and workflow.
 - Evaluate the ethical considerations and boundaries of using AI in clinical and administrative tasks.
 - Experiment with at least two AI tools and reflect on their potential application in your own practice.
-

Thank you to our exhibitors!



Friday, October 24 | Afternoon Workshops

1:45 pm - 3:15 pm

5B - 24 Hour Positioning: Benefit vs Practicality

Kathy Fisher, B.Sc. (OT), Clinical Educator

Positioning is important to support posture, promote symmetry, and provide long-term health benefits for clients with compromised muscle tone, limited balance, and heightened sensory reactions or agitation. While much time is spent developing complex seating and mobility systems, these clients spend more time in unsupported positions such as in bed, shower commodes, or alternative sitting, including lift/recline chairs, or bean bag chairs. When left unsupported, destructive, habitual postures contribute to joint dislocation, contracture development, and skin breakdown, not to mention discomfort! Traditional positioning systems have been complex, rigid, and expensive. Are there options for more flexible, easy to use, and effective positioning supports?

This workshop will explore new technology that can be used by families and caregivers to support comfortable, stable positioning that promotes relaxation and sleep essential for function in daily activities, without contributing to the burden of care.

You will:

- Define 24-hour positioning and its benefits to both adults and children.
 - Identify long-term effects of potentially destructive postures which may occur in lying and unsupported sitting.
 - Describe challenges in supporting positioning in sitting when not in a wheelchair seating system.
 - Identify 3-5 strategies to support positioning and skin protection in lying.
 - Identify potential solutions that can be used by families and caregivers to promote symmetry and comfort without contributing to the burden of care.
-

Thank you to our exhibitors!



Friday, October 24 | Afternoon Workshops

1:45 pm - 3:15 pm

5C - Back in Class and Back on Track: Supporting Students to Return to School After Concussion

Heather Shepherd, OT Reg. (Ont.), PhD

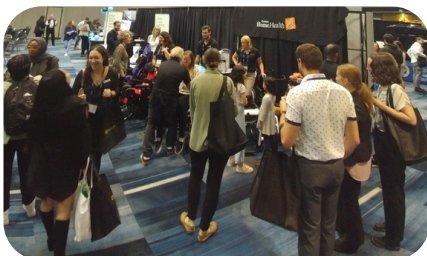
Curious about concussions? Want to know how to support adolescents who have sustained a concussion to return to learn and to the school environment in a way that is successful and sustainable for them and feasible for the school?

This workshop will provide a brief overview of concussions, signs and symptoms, recovery trajectories and risks of persisting symptoms in adolescents, as well as strategies to gradually return them to school, including in sports/physical education class. Considerations for you to support the student through their recovery, and nuances of working with schools in an effective way will also be explored.

You will learn a variety of ways to support students, including through: academic accommodations, team-based communication, tools and technology resources, and supporting their social/emotional well-being.

You will:

- Describe what a concussion is and the impacts of concussion on the physical, cognitive, psychosocial, and behavioural health of adolescents.
- Identify possible risk factors for persisting symptoms in adolescents.
- Consider nuances of schools and environmental considerations that affect return to school for adolescents.
- Design and discuss concussion recovery plans from case vignettes and evaluate treatment alternatives.



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Friday, October 24 | Afternoon Workshops

1:45 pm - 3:15 pm

5D - Enabling Occupation: Commentary and Conversations about the Assessment of Attendant Care Benefit (Form 1)

Kelly Wendt, OT Reg. (Ont.), C-CAT (FO), CMLE (ON) and **Nikita D'Souza**, OT Reg. (Ont.), C-CAT (FO)

Completing attendant care assessments is an important skill for occupational therapists working in Ontario's auto insurance sector. In this interactive workshop, you will move beyond filling out a checklist and learn how to apply strong clinical reasoning to attendant care recommendations.

Through real-world case examples, we will explore the challenges of assessing mental-behavioural, cognitive, physical, and environmental needs for the Form 1. You will work through practical frameworks, discuss complex situations, and learn strategies for making clear and defensible recommendations.

This workshop will highlight how to support client-centered and occupation-based recovery. You will gain tools for measuring progress, recognizing when attendant care is helping or hindering independence, and communicating recommendations clearly to clients, families, and insurers.

Interactive discussions and activities will give you the opportunity to apply learnings in a supportive environment. Whether you are new to auto insurance work or seeking to enhance your advanced practice, this workshop offers practical strategies to support better outcomes for clients and uphold professional standards.

Join us to strengthen your assessment skills, enhance your advocacy, and support meaningful client independence.

You will:

- Apply a clinical reasoning framework to analyze and justify attendant care recommendations on the Form 1.
 - Differentiate between task-based, client-centered, and occupation-based approaches to attendant care provision.
 - Understand the complex nuances of mental-behavioural and cognitive deficits that can impact the need for attendant care.
 - Identify risks and benefits of both providing and reducing attendant care, including potential for learned helplessness or unnecessary dependency.
 - Demonstrate effective strategies for communicating attendant care decisions to clients, families, and insurers through case-based discussion and documentation.
-

Friday, October 24 | Afternoon Workshops

1:45 pm – 3:15 pm

5E - From Assessment to Self-Management: Equipping OTs to Manage Arthritis in Complex Clinical Pictures

Claire Jacek (she/her), MSc (OT), OT Reg. (Ont.), and **Kait Robbins (she/her)**, MSc (OT), OT Reg. (Ont.), Arthritis Society Canada

Arthritis is the most common chronic disease in Canada and frequently coexists with other health conditions such as diabetes, cardiovascular disease, and osteoporosis – adding layers of complexity to clinical practice. As an occupational therapist, it can be challenging to know where to start when working with someone with a complex clinical picture. This workshop will equip OTs working in diverse settings with the practical strategies for identifying and managing different types of arthritis, ensuring clients receive appropriate, effective, and safe care.

Led by occupational therapists from the Arthritis Rehabilitation and Education Program (AREP) of Arthritis Society Canada, this workshop will provide information on appropriate assessment techniques for people with arthritis, including the identification of early red flags of inflammatory arthritis. Opportunity to practice hands-on joint assessment skills will also be a key learning aspect of the workshop. You will also explore evidence-based self-management strategies to help clients with arthritis and other chronic health conditions to stay active and improve their quality of life.

This workshop will enhance your clinical reasoning skills and provide actionable tools for supporting clients with arthritis in the context of complex chronic conditions.

You will:

- Identify red flags for inflammatory arthritis to improve early detection and effective communication with other health care professionals.
 - Identify appropriate assessment techniques for people with arthritis.
 - Promote safe and effective physical activity as part of arthritis management, incorporating joint protection strategies and evidence-based practices.
 - Be aware of key resources for clinical practice to improve your professional competence and support your clients' arthritis self-management.
-

Friday, October 24 | Afternoon Workshops

3:30 pm - 4:30 pm

6A - Workplace Mental Health Isn't a Unicorn - But Occupational Therapy Might Be

Kelly Sward (she/her), OT Reg. (Ont.)

Workplace mental health is often treated like a mythical ideal - talked about often, but rarely implemented in meaningful, sustainable ways. This workshop challenges that narrative by showcasing how occupational therapy can be a practical, high-impact solution in employer settings.

Drawing from the final phase of a multi-year pilot project, this workshop will take you through a real-world example of an OT consulting with a restaurant group navigating the complexities of hiring, supporting, and retaining staff with mental health challenges. We'll explore how the OT role was positioned, what strategies stuck, and how employers responded to support what was customized, low-cost, and actually usable in the hustle of everyday operations.

You will leave with a clear understanding of how occupational therapy principles of participation, environmental modification, and system-level thinking - translate into workplace consultation. We'll also discuss lessons learned, the nuances of working outside traditional healthcare settings, and how to speak the language of business without losing our roots in occupational science.

Whether you're interested in practice innovation, mental health advocacy, or exploring new practice settings, this workshop will offer inspiration, tools, and a healthy dose of realism for taking occupational therapy beyond the clinic.

You will:

- Identify core occupational therapy principles that apply to workplace mental health consultation.
 - Describe key strategies used to engage and support employers, especially in small business settings, in creating mental health-inclusive practices.
 - Analyze real-world barriers and facilitators to implementing OT-informed recommendations in non-clinical, fast-paced work environments.
 - Reflect on the evolving role of OTs in advancing workplace mental health through an equity and accessibility lens.
 - Gain practical tools and language to advocate for OT services with employers, highlighting OTs potential to bridge service gaps for underserved sectors.
-

Friday, October 24 | Afternoon Workshops

3:30 pm - 4:30 pm

6B - Navigating Life: Strategies for Bariatric Wheelchair Users

Brenlee Mogul-Rotman, OT Reg. (Ont.), ATP/SMS, Permobil Canada

The terms bariatric and obesity tend to be used interchangeably within the medical community, and it is important to understand the definitions of both, the differences, and the similarities. Although there is some equipment that is appropriate to support bariatric clients to assist in meeting self-care as well as seating and mobility needs, the recommendation of any equipment brings unique additional considerations. The evaluation and accuracy of measurements, access to and use of 'larger than standard' equipment, clinician biases, and clients' higher potential for secondary health issues are all topics that must be considered and addressed to ensure clients receive the care they need and deserve and are able to participate in activities and life events.

This workshop will provide an overview of bariatric care, issues that these clients may encounter, and the importance of addressing seating and mobility issues with this population. Common seating and mobility challenges faced by bariatric clients, including skin integrity, positioning, posture, stability, and functional performance will be highlighted. This workshop will also discuss needs related to beds and surfaces. We will focus on client issues and goals, clinical impact, and potential product solutions that can enhance independence, participation, and quality of life using their seating and mobility system.

You will:

- Describe the unique medical and physical presentation and needs of bariatric clients that requires additional considerations for equipment selection.
- Identify an individual's needs and goals and apply to the selection and configuration specifications of a bariatric wheeled mobility base and bariatric seating and positioning components.



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Friday, October 24 | Afternoon Workshops

3:30 pm - 4:30 pm

6C - Partnering for Change (P4C): Transforming School Environments Through Collaborative Occupational Therapy

Wenonah Campbell (she/her), PhD, **Sandra Sahagian Whalen (she/her)**, MHSc., OT Reg. (Ont.), and **Leah Dix (she/her)**, MSc., OT Reg. (Ont.), CanChild, McMaster University

Imagine a school where every child and youth have access to the support needed to thrive. This vision underpins Partnering for Change (P4C), a needs-based, collaborative, tiered occupational therapy model designed to support children's participation and engagement in school. In P4C, occupational therapists collaborate with educators in authentic school settings and support system-wide initiatives, working together to enhance capacity and co-develop strategies that address the diverse developmental, cognitive, social, emotional, physical, and academic needs of children.

To broaden adoption of P4C, the presenters completed an evaluation from 2021 to 2024. Their goal was to develop and refine a theory that explains how, why, and under what conditions P4C is most effective.

In this workshop, the presenters will unveil the P4C Implementation Theory, which unfolds in four dynamic phases: 1) commitment and preparation for implementation, 2) introducing P4C as a service for the whole-school to address both school-wide and individual needs, 3) effectively implementing P4C by establishing a consistent, collaborative presence within the school, and 4) embedding P4C into the school community to achieve meaningful and lasting impact. They will also explore the critical role of context and appropriate staffing, highlighting how these factors either enable or limit successful implementation.

Guided by this theory, the presenters have developed an updated professional development program, a comprehensive website with a step-by-step implementation guide, and new practice resources, including videos, webinars, readiness checklists, and implementation support tools. These resources will be introduced to you, along with accompanying tools for advocacy.

This workshop will be interactive, featuring activities to apply the theory and resources to your experiences. Through these activities, you will engage in meaningful discussion, share insights, and collaboratively explore additional resources needed for success.

You will:

- Identify the key components of the P4C Implementation Theory.
 - Determine factors that enable or limit successful implementation of P4C in school settings.
 - Apply the P4C Implementation Theory to personal experiences and reflect on ways to enhance your practice.
 - Develop action plans for implementing aspects of the P4C theory within your practice.
-

Friday, October 24 | Afternoon Workshops

3:30 pm - 4:30 pm

6D - Applying Principals of Culture, Equity, and Justice, in the Auto Sector

Aaron Palmer (he/him), OT Reg. (Ont.), CCLCP, Palmer Wellness & Rehab

This workshop will explore how occupational therapists can apply the principles of culture, equity, and justice within the auto sector. Drawing on the latest research and the Culture, Equity, and Justice in Occupational Therapy Practice document published by the College of Occupational Therapists of Ontario, this workshop will cover key concepts such as cultural competence, cultural humility, intersectionality, and culturally safer practices. You will gain insights into how these concepts can be integrated into your practice, including assessment, treatment, and documentation, as well as to enhance client care and outcomes.

You will:

- Understand the principles of culture, equity, and justice in occupational therapy and its relevance to the auto sector.
- Develop strategies to address power dynamics and biases.
- Explore the impact of cultural competence on client outcomes, and identify strategies for implementing cultural humility and culturally safer practices.

Thank you to the OSOT staff!



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Bookkeeper



Bruno Amaral
Junior Web and
Software Developer

Friday, October 24 | Afternoon Workshops

3:30 pm - 4:30 pm

6E - Disability Literacy 101: Inclusion Education for the Workplace

Jeff Tiessen (he/him), PLY, Publisher and Executive Producer, Disability Today Publishing Group

Understanding disability isn't always about training. It's about familiarity, having conversations, and it's about the comfort, competence, and confidence that follows. Consider whether disability is given the same level of attention as other factors such as gender, ethnicity, culture, race, or sexuality. Even those who are active champions of diversity, equity, and inclusion (DEI) may not understand the most effective actions to take or recognize the subtle obstacles that disabled individuals face day-to-day.

This workshop will feature lived-experiences, representing a wide spectrum of varying disabilities. Ableism, unconscious bias, assumptions, and stereotypes will be explored and challenged. This workshop is designed to empower learners to transform from fixed mindsets to progressive, unbiased perspectives to propel workplace culture and allyship forward. Allyship is about building authentic relationships; it's also about learning, unlearning, and relearning new perspectives. Join the presenter on this journey.

You will:

- Recognize common unconscious biases and stereotypes toward people with disabilities.
- Understand how unintentional bias impacts disabled people.
- Use strategies to challenge unconscious biases.
- Understand how ableism favours non-disabled individuals over disabled people.
- Recognize the four types of ableism: enlightened, unconscious, mundane, and disableism.
- Be familiar with barriers that ableism creates and how those barriers impact the lives of people with disabilities.
- Learn three strategies for disabling ableism: naming, confronting, and changing.
- Understand how to challenge ableism found in our words, expressions, and social biases.

What's Next On Friday



[View Full Friday Schedule](#)



Closing Ceremony and Raffle Prize Winners Announced | 4:30 pm - 5:00 pm

As the conference draws to a close, we invite you to gather one last time. We'll also be announcing this year's raffle prize winners, so don't miss your chance to win!

Poster Presentations

Addressing Environmental Factors and Student Occupations in School-Based OT: Exploring OT and OTA Roles in the Partnering for Change Tiered Model

Kari Renahan (she/her), PhD student, OT Reg. (Ont.), **Briano DiRezze (he/him)**, PhD, OT Reg. (Ont.), **Michelle Phoenix (she/her)**, PhD, Reg. CASLPO, **Wenonah Campbell (she/her)**, PhD, School of Rehabilitation Science, McMaster University

Clinical Assessment of Bathing Disability: A Scoping Review

Eleanor Furtado (she/her), OT Reg. (Ont.), PhD Student, Rehabilitation Sciences Institute - University of Toronto, Graduate Student Researcher, KITE, Toronto Rehabilitation Institute, **Adeife Akingbade, Iris Levine**, PhD, **Alison Novak**, PhD, KITE, Toronto Rehabilitation Institute

Connecting Capacity: Optimizing Rehab Referrals for Better Access, Efficiency and Client Care

Will Lomas (he/him), PT, MBA, **Jacklyn Baljit (she/her)**, RN, MScN, PMP, **Glenda Providence (she/her)**, OT Reg. (Ont.), MPPAL, **Christine Proulx (she/her)**, PT, **Sam Kwan (he/him)**, Digital Solutions & Support Team, **David Fry (he/him)**, OT Reg. (Ont.), MHSc, VHA Home HealthCare

Defining Metrics of Good Quality Hand Function in Unconstrained In-Home Activities After Cervical Spinal Cord Injury

Adeeba Naoreen (she/her), OT Reg. (Ont.), BSc, MOT, PhD student, Rehabilitation Sciences Institute, Temerty Faculty of Medicine, University of Toronto, KITE - Toronto Rehabilitation Institute, University Health Network, **José Zariffa**, PhD, P.Eng., KITE Chair in Spinal Cord Injury Research at Toronto Rehab, Senior Scientist and Associate Director, Scientific, KITE Research Institute, Toronto Rehabilitation Institute - University Health Network, Associate Professor, Institute of Biomedical Engineering, University of Toronto, Edward S. Rogers Sr. of Electrical and Computer Engineering, University of Toronto, **Janelle Unger (she/her)**, PT PhD, Assistant Professor, School of Physical Therapy, Western University, Principal Investigator, RED Neuro Lab, Gray Centre for Mobility & Activity, Parkwood Institute, St. Joseph's Healthcare

Do Aftermarket Non-slip Products Improve Biomechanical Metrics of Safety With Bathtub Entry and Exit Transfers?

Jackson Lordall, PhD, **Danvir Sandhu**, BSc (c), **Hanaan Deen**, BASc, **Iris C. Levine**, PhD, **Alison C. Novak**, PhD, KITE Research Institute, University Health Network, University of Toronto

Finance-E: Development of a Modern Financial Assessment Tool

Anie Charlebois, OT Reg. (Ont.), **Melanie Taylor**, OT Reg. (Ont.), Royal Ottawa Mental Health Care Group

Home Accessibility After SCI: Insights on OT from Clients and Caregivers

Kirstin E. Yuzwa (she/her), OT Reg. (Ont.), MScOT, MSc, Research Associate, St. John's Rehab Research Program, Sunnybrook Research Institute

Implementation of a Mentorship Program for New Assistive Devices Program (ADP) Mobility Device Authorizers

Meridith McClenaghan (she/her), OT Reg. (Ont.), MHSc, MRSc, BSc (OT), BHSc, **Cathy Choi**, OT Reg. (Ont.), MTS, certified ATP/SMS, **Janice Hon**, OT Reg. (Ont.), MCISc, **Megan Wormald (she/her)**, PT, MEd, Hennick Bridgepoint Hospital - Sinai Health

Poster Presentations

Improving Memory and Brain Health through Group Education for Older Adults: A Quality Improvement Project

Farah Badar Habib, OT Reg. (Ont.), **Serena Lee-Segal**, OT Reg. (Ont.), Sunnybrook Health Sciences Centre, Geriatric Day Hospital

Inclusive Tales - Accessible Story Time for Early Readers

Amber Hewitt (she/her), Student Occupational Therapist, McMaster University, **Alyssa Warford (she/her)**, Student Occupational Therapist, McMaster University, **Emily Downs (she/her)**, OT Reg. (Ont.), Telling Tales

"I Wish There Was Support": Exploring How Autistic Burnout, Inertia, Meltdown, and Shutdown Impact Occupational Participation

Dayna Goldfarb (she/they), OT Reg. (Ont.), University of Toronto, **Jane Davis (she/her)**, OT Reg. (Ont.), Occupational Science and Occupational Therapy, University of Toronto, **Christie Welch (she/her)**, PhD, OT Reg. (Ont.), Occupational Science and Occupational Therapy, University of Toronto

Occupations and Caregiving in the context of the Menopausal Transition: A Qualitative Exploration

Erica Friesen (she/her), student occupational therapist, **Trevor Eygenraam (he/him)**, student occupational therapist, **Monique Gill (she/her)**, OT Reg. (Ont.), Rehabilitation Sciences Institute, University of Toronto, **Dr. James Sessford (he/him)**, Department of Occupational Science and Occupational Therapy, University of Toronto, **Dr. Jill Cameron (she/her)**, Department of Occupational Science and Occupational Therapy, Rehabilitation Sciences Institute, University of Toronto

Sensory Spaces, Places and Tools in School-Based Occupational Therapy: Exploring Diversity in Practice Across Ontario

Madison Billings (she/her), MScOT, OT Reg. (Ont.), **Aliya Satani (she/her)**, MScOT, OT Reg. (Ont.), **Anna Murray (she/her)**, OT Reg. (Ont.), **Christine Cambas (she/her)**, OT Reg. (Ont.), **Evelyn Smart (she/her)**, OT Reg. (Ont.), **Sarah Murli (she/her)**, OT Reg. (Ont.), **Janicka Auguste (she/her)**, CDA, Research Coordinator for Knowledge Mobilization, Grandview Kids

Social Prescription: A Good Fit With OT!

Meghan Allison (she/her), RKin, MSc, HBK, MScOT candidate, **Mandy Huang (she/her)**, BKin, MScOT candidate, **Amy Leger (she/her)**, HBKin, MScOT candidate, **Tori Lewis (she/her)**, HBA Kin and PE, MScOT candidate, **Em Marques (they/them)**, HBSc, MScOT candidate, **Tracy Wu (she/her)**, BKin, MScOT candidate, **Briana Zur (she/her)**, BScOT, PhD Health and Rehabilitation Science (Occupational Science)

Stay SHARP While in Hospital – A Hospital Activity Book Initiative

Nadia Abdel-Hafez, OT Reg. (Ont.), **Diana Virga**, OTA/PTA, Sunnybrook Health Sciences Centre

Transitioning Older Adult Patients from the Emergency Department to Community: An Evaluation of the ED-based Community Occupational Therapist Role

Nadine Narain, OT Reg. (Ont.), Hons. BSc, MSc OT, MSc SLI, DrPH (student), **Nadia Abdel-Hafez**, OT Reg. (Ont.), MSc OT, **Miranda Lamb**, MHS, RN, BScN, BA, **Justin Hall**, BPHE, Hons. BSc, MPH, MSc. (Kin & Health Studies), MD, FRCPC, MBA, **Sander Hitzig**, PhD, St. John's Rehab Program, Sunnybrook Research Institute, Sunnybrook Health Sciences Centre

Delegate Information

Registration Details

Your full conference fees include: breakfast, lunch, nutrition breaks, workshop registration, opening and closing ceremonies, attendance at the opening keynote and mindful watercolour activity, and access to the exhibit hall, including the Thursday evening reception with refreshments.

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

Awards and Recognition Semi-Formal Event is an additional \$100 + 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, Parking, and Hotel

[Marriott Downtown at CF Toronto Eaton Centre](#) is located at 525 Bay St., Toronto, ON M5G 2L2. Parking is \$40 per day. [Additional parking](#) is available around the venue. The closest TTC station is Dundas Station.

OSOT has reserved a block of rooms at the venue for \$329 per night. [Reserve your hotel room](#) by **October 1** to receive the reduced rate.

Privacy Statement

Registration information is collected to process registrations and payments 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 2025 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 25** will be refunded less a \$50.00 administrative fee.
- Received between **September 25 and October 9** will receive a 50% refund.
- No refunds will be granted **after October 9**.
- Cancellation requests due to medical reasons will be assessed on a case-by-case basis.
- Cancellations for the **Awards and Recognition Event** received by **October 2** will be refunded less a \$10 administrative fee. No refunds will be provided after October 2.

OSOT reserves the right to cancel this conference due to unforeseen circumstances and will be responsible for refunding conference registration fees only.

In the event your workshop choice is canceled, OSOT will contact you to register for a different workshop.

This is an OSOT conference you don't want to miss! [Register before October 2](#) to receive early bird pricing.

Registration Fees

All fees are subject to 13% HST.

Full Conference

Early Bird | By October 2

OSOT Member	\$675
Non-member	\$875
OTA, Retired, Student, New Grad OSOT Member	\$425

Regular | After October 2

OSOT Member	\$725
Non-member	\$975
OTA, Retired, Student, New Grad OSOT Member	\$475

Rate Per Day

Early Bird | By October 2

	Thursday	Friday
OSOT Member	\$460	\$420
Non-member	\$600	\$555
OTA, Retired, Student, New Grad OSOT Member	\$250	\$250

Regular | After October 2

	Thursday	Friday
OSOT Member	\$510	\$450
Non-member	\$700	\$655
OTA, Retired, Student, New Grad OSOT Member	\$300	\$300

Awards and Recognition Semi-Formal Event



Thursday, October 23
7:00 pm - 10:00 pm

Network and enjoy dinner
and entertainment while
we recognize the
recipients of the 2025
OSOT awards.

\$100 + HST

Register Now

Not an OSOT member? [Join today](#) and SAVE UP TO \$200 on conference fees.



Accommodations

OSOT has reserved a block of rooms at the Marriott Downtown at CF Toronto Eaton Centre. [Book by October 1](#) to receive the reduced rate of \$329 per night.