



OCCUPATIONAL FOR CONCUSSION

BY JENNA COPELAND, BA(HONS) PSYCH., MSC.OT

WHAT IS OCCUPATIONAL THERAPY?

Occupational Therapy is a type of healthcare service that helps to solve the problems that interfere with a person's ability to do the things that are important: everyday things like self-care (getting dressed, eating, moving around the house); being productive (going to work or school, participating in the community, caring for others); and leisure activities (sports, hobbies, social activities). OTs are university-educated professionals who apply specialized knowledge and skills to recommend a course of preventative or corrective action that will help people lead more productive and satisfying lives. OTs are regulated medical professionals who must be registered with their provincial regulator to practice legally in Canada. OTs are trained to understand the medical and physical limitations of a disability or injury as well as the psychosocial factors that affect the functioning of the whole person.

How can OT help me?

OTs assist individuals with concussion by helping them get back to their pre-injury activities. OTs help teach clients about managing mental health and cognitive problems. OTs can help you learn how to

pace and plan, conserve energy, compensate or remediate cognitive impairment, set healthy routines, learn ways to manage stress, anxiety, and depressed mood.

When to consider seeing an OT:

- If you need help with finding healthy ways to cope with anxiety, depression, sleep, or cognitive problems.
- If returning to work or school seems overwhelming or is not going as you expected it to.

OT and Cognitive Health Assessments

Occupational Therapists have a variety of tools available to objectively evaluate cognitive health and performance after concussion. Many individuals express difficulties with things like attention, concentration, information processing and memory after sustaining a concussion, and while these symptoms often improve over time, a proportion of individuals may continue to suffer from cognitive difficulties that significantly impact their quality of life.

One specific tool our practitioners employ for cognitive health assessment is Creyos Health (creyos.com), an online tool that allows healthcare practitioners to objectively measure brain health using a suite of computerized cognitive tasks and standard health questionnaires validated through decades of research.

Cognitive health assessments allow our practitioners to measure and monitor your cognitive health over time, and through OT, apply specific compensation or remediation strategies to improve your daily functioning.

Funding for OT may be available to you through extended health benefits (under allied/paramedical services), motor vehicle insurance, WSIB, and health spending accounts.



ABOUT JENNA

Jenna's educational background includes a Bachelor of Arts Honours degree in Psychology from the University of Guelph and a Master of Science degree in Occupational Therapy from Queen's University. Jenna has over 10 years of experience working as a Registered Occupational Therapist in the medical and rehabilitation field in Ontario and British Columbia.

With training in both Occupational Therapy and Psychotherapy, Jenna uses a client-centred, holistic approach to work collaboratively with individuals to support them in achieving their meaningful goals. She offers a unique functional/practical approach to psychotherapy. Jenna has training in evidence-based modalities such as Cognitive Behavioural Therapy (CBT), Motivational Interviewing, Mindfulness, and Behavioural Activation, and primarily uses these tools with clients to support them in achieving their goals.

She has a particular passion for working with individuals who are experiencing new disabilities/injuries, chronic pain and health conditions, acquired and traumatic brain injuries (including concussion, post-concussion syndrome, moderate TBI), ADHD/ADD, anxiety (GAD, Social Anxiety, Panic disorder), and depression. As an Occupational Therapist, Jenna has expertise in cognitive rehabilitation and offers individualized evidence-based cognitive rehabilitation programs to compensate for, or restore cognitive functioning (i.e. in the areas of attention, memory, and executive functioning skills).

Jenna offers both Occupational Therapy and Psychotherapy services. At present, she is offering virtual sessions (video call) only.

Feel free to inquire at reception if you would like to learn more about our OT services, or if you would like to schedule a free, 15-minute consult with Jenna to determine if her services are right for you.

Contact Us: 519-822-2226
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