



Occupational Therapy Services

Phillip Wendt,
Occupational Therapist

Could I (or someone I know) benefit from occupational therapy?

Rate how true you find these statements:

	Very True			Somewhat True				Not True		
Balance: I could benefit from more balance between my self care, leisure, productive and rest activities:	10	9	8	7	6	5	4	3	2	1
Structure: I could benefit from more structure and routine in my day.	10	9	8	7	6	5	4	3	2	1
Accessing environments: I am having difficulty physically accessing areas that are important to me in my home, work, or community.	10	9	8	7	6	5	4	3	2	1
Attention/Memory: I could benefit from activities that can train me to better focus my attention and memory.	10	9	8	7	6	5	4	3	2	1
Activities of Daily Living: I am have having difficulty performing everyday tasks such as dressing, bathing, grooming, etc.	10	9	8	7	6	5	4	3	2	1

Items that have higher scores indicate an area that could benefit from occupational therapy.

What is occupational therapy?

The core belief of occupational therapy is that activities (or “occupations”) are play a major role in modulating one’s health. Occupational therapists see activity itself as a means to an end. To us, engagement in meaningful activity is the treatment because people are healthier when they are able to do the things they value and love.

Through thoughtful analysis of your activity, we will work with you in a collaborative manner to help understand they way your routines, habits, and and activities are having both positive and negative affects on your health. *Our ultimate goal is to help you do the things you need or want to do, but find difficult due to illness or injury.*

Examples of Occupational Therapy Practice

Coaching people in cognitive skills to increase their working memory.	Prescribing adaptive equipment to safely and easily get in and out of the bed, shower, or other areas.
Training people to manage their fatigue and/or pain through planning, pacing, prioritizing, and proper positioning.	Training to dress, groom, get around home with out pain or difficulty
Prescription of mobility devices such as walkers, scooters, wheelchairs, or power wheelchairs.	Helping people to better understand, organize and prioritize their work/life balance
Ergonomically assess the comfort, fit, and safety of a person in their car	

Phillip Wendt MScOT, OTReg.(Ont.)



Phillip is a registered Occupational Therapist holding a BScOT from the University of Wisconsin-Madison and an MScOT from Queen's University. He has also received additional education and specialization in home adaptation and universal design, chronic disease self-management, life management and lifestyle redesign, and capacity evaluation. He has an intense passion for primary health care and his practice is focused on working with people to modify and adapt to their daily routines, environment, and lifestyle to promote healthy independent living and prevent disease.

Phillip currently serves as board director for the Canadian Association of Occupational Therapists and is past president of the Society of Alberta Occupational Therapists. He is also a member in good standing with the College of Occupational Therapists of Ontario and the Ontario Society of Occupational Therapists and is a lecturer and instructor with the Queen's Occupational Therapy Program in Kingston, Ontario.

Rates:

New patients typically have a 60-75 minute assessment (\$125) and follow up appointments are typically 45 minutes (\$75). Timing and pricing may vary based on specific needs and programming.

Please visit our website at www.kihc.ca for more information,
or call 613-547-5442 to book a **free 15 minute consultation!**

Some activity scale items adopted from *Action Over Inertia* CAOT Publications ACE 2010