

ALI ABASH, OT REG. (ONT)

ARCG Inc.

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EDUCATION

Master of Science in Occupational Therapy 2011
McMaster University, Hamilton, ON

Honors Bachelor of Arts in Political Science & English 2007
University of Toronto, Toronto, ON

CLINICAL WORK EXPERIENCE

Occupational Therapist Consultant Self-Employed/Consultant: May 2017 – Present

Self-employed as an Occupational Therapist offering a variety of assessment and treatment services.

Occupational Therapist Consultant July 2019 – Present
ARCG Rehab, Richmond Hill, ON

- Assessment of Attendant Needs (Form 1)
- Conducting Catastrophic Impairment assessments
- Conducting Post 104 Assessments
- Treatment services, including but not limited to the following:
 - Provide education on safe transfers/mobility and the safe use of recommended devices
 - Establish meaningful short and long-term goals in order to increase safe and effective participation in self-care, housekeeping, work, leisure/recreational tasks
 - Complete comprehensive functional cognitive screening and implement cognitive remediation programs to address specific issues
 - Provide education in modified methods of task performance, pacing, energy conservation, and ergonomic strategies to reduce pain and increase participation in daily activities, particularly with respect to self-care, work, leisure/recreation, and housekeeping tasks
 - Monitor emotional sequelae and provide emotional support
 - Provide education in the use of stress management and relaxation techniques
 - Facilitate setup of attendant care services
 - Ensure all recommendations are implemented as needed in a timely manner
 - Attend consultations with GPs to facilitate additional referrals, as needed
 - Assist with return to work issues when appropriate
 - Provide direction to Registered Social Workers

Occupational Therapist
Altum Health

November 2014 – April 2019

- Build rapport and trust within client-centered relationships, and identify client expectations, goals, priorities, and concerns.
- Able to select and implement appropriate assessment tools including file review, client interview, standardized and non-standardized assessments, and functional testing.
- Able to identify and acknowledge impact of injury and offer appropriate recommendations from psychological, physical, functional, and work-related standpoints.
- Provide education to both individuals and groups.
- Excellent at collaborating with mental health professionals, and particularly adept at using mindfulness-based breathing and body awareness to facilitate acceptance and growth.
- Working in a variety of capacities including the Function and Pain Program, the Hand and Wrist program, and the Minor Traumatic Brain Injury Program to assess and treat clients with acute/chronic pain and post-concussive symptoms.
- Apply strong communication, case management, teamwork, and service delivery skills.

Occupational Therapist
Orion Health Rehabilitation Centre

August 2013 – September 2014

- Conduct worksite assessments to establish physical job demands.
- Teach mindfulness-based stress reduction as a therapeutic model for pain management.
- Teach a variety of relaxation techniques such as diaphragmic breathing and biofeedback.
- Simulating work conditions in order to progress clients to their return to work goals.
- Provide group education on a variety of pain management topics including the importance of occupational engagement, pacing, posture and gait, the nature of injury, hurt vs. harm.
- Create gym exercise programs for clients, targeting strength, conditioning, balance, and cardio.
- Assess and treat clients with a wide variety of chronic pain conditions in order to facilitate a successful transition to work, community, and family life.
- Provide a functional capacity evaluation aimed at establishing a functional baseline, a work hardening program, goal setting, cognitive training, injury-specific treatment, and group education.

Occupational Therapist
Bonnyville Health Centre

September 2011 - August 2013

- Conduct hand assessments and fabricate splints for outpatients with orthopedic difficulties.
- Assess and treat children with a variety of physical and cognitive disabilities as part of a pediatric program.
- Identify and address educational needs for clients and their families.
- Support and participate in quality improvement initiatives.
- Assess and design interventions for outpatient pediatric clients with various congenital disabilities and developmental delays.
- Administer cognitive assessments and capacity assessments for ascertaining the appropriate level of care.
- Recommend manual and power wheelchairs following thorough evaluation of client needs.
- Facilitate recovery and activities of daily living following total joint replacements.
- Collaborate with inter-professional teams regarding safe, timely, and appropriate discharge planning.

