

Therapy
Assistant
Association
of Alberta



11th Annual Education Conference & AGM

Theme:
“Quality of Life”

April 20th, 2018

**Radisson Hotel and Conference Centre Calgary Airport
6620 36 Street NE
Calgary AB. T3J 4C8
Tel: 1 (403) 475-1111
Tel: 1 (800) 333-3333**

www.thaaa.ca
promotions@thaaa.ca



TA Week Winning Photo 2017
ARBI - Super Hero's work together!



TA Week Photo 2017
Glenrose TA's have fun too!

Therapy Assistants celebrating Therapy Assistants Week September 2017

Keynote Address 9:30 – 10:15

Laugh Until it Helps

Cheryl Oberg

Cheryl has shared her gift of humour and laughter with many at conferences as a keynote speaker, families & children in the hospital's, seniors living in care facilities, corporate teams in the workplace, youth in career forums and schools. Cheryl is dedicated to sharing laughter with the elderly in assisted living situations, anyone living with illness or maybe even someone you know who may benefit by attending a fun filled laughter experience. Thousands of people have enjoyed the benefits of learning how to have more joy, laughter and play in their everyday life!

Cheryl is a Professional Speaker, Certified Laughter Leader, Certified Laughter Yoga Teacher, Therapeutic Clown, Certified Humour Professional.

Cheryl is a kind, happy, fun loving, resourceful person who has the gift of sharing smiles & laughter to all . . . big, tall, short and small.

Cheryl is the creator of visions and has the wisdom and faith necessary to realize her dreams.

“Our day dreams are visions for a life worth living! Dream the life you want to live . . . then go live it!”

Cheryl Ann Oberg



Concurrent Sessions 10:30-12:00

101: Where Does A TA Fit in the Field of Mental Health and Developmental Disabilities?

Clarence Iglesias, TA

It has been identified that people with complex needs (someone with a developmental disability, co-occurring mental illness, and multi-system involvement) are in need of coordinated and comprehensive care and integrated case management. Alberta has tried to meet this need through the creation of cross-ministerial and inter-disciplinary community support teams to enhance the community's capacity to provide effective and enriched supports.

This presentation will highlight the experience of a TA working within this team and his unique role in enhancing community capacity through a Wellness framework of support.

COAST is a cross-ministerial initiative between Alberta Health Services, Addiction and Mental Health and the Government of Alberta, Disability Services that aims to meet the needs of people with Complex Service Needs (CSN). Clarence is an original member of this team created in 2013. Prior to this he has over 10 years of experience working at Alberta Hospital Edmonton and a variety of Edmonton Community PDD agencies. He has been in the field of working with people with developmental disabilities since 1993. He has been a co-presenter on multiple presentations with Psychologists, Occupational Therapists and Behavioural Specialists/Consultants on topics such as "Understanding and Achieving Wellness", "Sensory Processing", "Emotion Regulation", and "Autism Spectrum Disorder".



102: TimeSlips - Connect Through Creativity Margaret Ushko, B.Sc, RecT

TimeSlips is designed to support those looking to create meaningful moments with and for people with memory loss by creating value, meaning and purpose through creative engagement. Let your imagination soar. TimeSlips opens storytelling to everyone by replacing the pressure to remember with the freedom to imagine. We can improve the quality of life of elders and the circle of care that surrounds them - family, friends and care teams. This is an creative and interactive workshop to introduce the TimeSlips approach.

Margaret has been working as a Therapeutic Recreation Professional in the Edmonton area for 2 years, specializing in Memory Care. Before working as a recreation therapist, She worked for 2 years as a recreation therapy assistant. While working as an assistant she was able to completed the Therapeutic Recreation Diploma from Lethbridge College. She also has a Bachelor of Science Degree from the University of Alberta. Swimming, gardening, sewing, music and painting are many of the leisure pursuits that she enjoys. Also, for the last 20 years she has been studying the art of karate and also enjoys teaching the art to both children and adults.



103: Tip of the Tongue, the Teeth, the Lips!

Sandy Paddick, R.SLP,SLP(c) and Jody Esch, SLPA

What is the difference between a motor speech disorder and a speech delay? My client can't move their lips to make a circle! Help! This presentation looks at what to do with young children who have trouble moving their mouth for speech. Participants will learn how to cue and implement therapy for our preschoolers who have a severe motor speech disorder.

Sandy Paddick has been a speech pathologist for 18 years. She has worked primarily with kindergarten and preschool children. Presently she works for Sturgeon School Division. Sturgeon School Division is one of the few places in the province that has implemented the Let's Start Talking Program (LST) developed by Dr. Meghan Hodge at the University of Alberta. LST is an intensive program designed specifically for children with severe motor speech disorders and their families. Sandy was trained by Meghan Hodge and has been delivering LST to families for the past two and a half years. Sandy has also developed and implemented three group programs for children with Autism at different levels of communication, through Khan Communications for the Centre For Autism. Sandy has presented at several conferences. Her presentations include "Puppets for Progress" and "Promoting Language and Literacy at Home and in the

Classroom."

Jody Esch is a Speech Language Pathologist Assistant (SLPA) for Sturgeon School Division. She is skilled in providing support to preschool children with variety of communication difficulties. Jody graduated from Grant MacEwan College in 2004 with a SLPA diploma. Following graduation, she worked as a SLPA for Alberta Health Services providing treatment and support to kindergarten and school aged children. She later moved to a position at the University of Alberta Hospital where she worked as a PTA and OTA. Jody is passionate about working with children and has an energetic personality. Outside of work, she loves spending time with her family and being active outside.

Concurrent Sessions 1:30 - 3:00

201: Acupuncture and how it's being used in Stroke Rehabilitation

Dr. Allan Fradsham (TCMd and R.Ac)

- a) How Acupuncture Can Help in Stroke Recovery
- b) Education around Acupuncture and within an Interdisciplinary team.

Dr. Allan Fradsham holds a degree as a Doctor of Traditional Chinese Medicine from the Academy of Classical Oriental Sciences. He graduated in 2006 and has been working full time as a TCM practitioner ever since. Dr. Fradsham runs a full general practice treating most disorders but has a special interest in physical injury, pain disorders and stroke recovery. Dr. Fradsham has been teaching since 2009 and was one of the primary instructors at the International Academy of Traditional Chinese Medicine in Ottawa Ontario until he moved to Alberta. He is currently instructing at the Canadian Institute of Traditional Chinese Medicine. Dr. Fradsham has also spoken to and taught students at the

lecture series. Dr. Fradsham also participated in NADA protocol treatments for disaster relief efforts and has supervised Acupuncture treatments at the Calgary Drop In Centre for the homeless in Calgary. Dr. Fradsham is also currently the Principal Investigator in a research study on the use of Acupuncture in Stroke recovery.

When not in clinic, Dr. Fradsham spends his time with his family and his many outdoor pursuits.

202: The Supported Conversation for Adults with Aphasia (SCATM)

Heather Tomlinson, M.Sc.(A),R.SLP,SLP(c)

This interactive and dynamic workshop will equip therapy assistants with practical knowledge and skills to facilitate better conversation with their adult clients who have aphasia. Hands-on practice opportunities are provided, in order to enhance learning in this workshop. This is critical knowledge for all therapy assistants who work with clients who are living with aphasia, and will help TAs to be skilled communication partners, improve quality of life for persons with aphasia (PWA), and improve communicative access for this population.

Heather is a registered speech-language pathologist with significant experience working with adult populations in a variety of settings which have included acute care, rehabilitation, and long-term care. She currently works part-time at the Association for the Rehabilitation of the Brain Injured (ARBI), a non-profit, community-based out-patient neuro-rehabilitation program for stroke and brain injury survivors. Heather also has a part-time private practice.

Heather is a co-founder of the Calgary Aphasia Centre (CAC), a non-profit organization, which provides community-based conversation groups for adults living with aphasia. She volunteers as the chairperson of the CAC steering committee. She is a passionate advocate for adults living with aphasia, and regularly facilitates SCA workshops for health care providers.

203: Bringing Together Life and Ongoing Rehabilitation after Traumatic Brain Injury

Mathew P Hill, OTA/PTA

Traumatic brain injuries (TBI) result in long lasting physical, cognitive, emotional and behavioral repercussions. With an “invisible condition”, people who have sustained a TBI face many ongoing challenges and hurdles even after completing the rehabilitation.

It is therefore beneficial for them to continue to integrate rehabilitation activities into their daily lives. This seminar will provide an overview of the lifelong challenges that TBI survivors face, as well as practical suggestions on how to integrate ongoing rehabilitation into their daily occupations. This seminar also aims to inspire participants on the real possibility of recovery for TBI survivors.

The seminar will also include breakout sessions where groups will work to develop and craft scripts or dialogues for real-life situations where executive dysfunctions or social communication / interaction break downs occur.

Concurrent Sessions 3:15 - 4:15

301: Visioning for OTA/PTA in Canada

Grace Torrance, B.Sc.P.T.

This presentation will provide an overview of a national project working on developing a National Vision for OTA/PTA in Canada. The project background, and work-to-date will be presented. Preliminary results from a national survey that was conducted in the Fall of 2017 will be presented. In addition, attendees will have opportunity to discuss and learn from these results. Finally, the presentation will address the next steps in the Visioning process. The Visioning Steering Committee consists of representatives from CAOT, CPA, OTA/PTA Educators, OT and PT Regulators, OTA/PTA Accreditors, and Practicing OTA/PTA's.

Grace Torrance is co-coordinator of the Therapist Assistant Program at Medicine Hat College and continues to actively teach in that program, both in onsite and distance learning. She currently holds the role as chair of the Canadian Occupational and Physical Therapist Assistant Educators Council (COPEC). She is a steering committee member of the 'Visioning for OTA/PTA in Canada' group and is presenting on behalf of that group. Grace has been an advocate of OTA/PTA education in Canada since she began the Medicine Hat College program in 1994. She has presented provincially, nationally and internationally on OTA/PTA education and practice since that time.



302: Assessment and Management of Chronic Pain

Whitney Storey BA, MScOT, and Sabrina Panizzon BPE, CSEP-CEP, P.Kin

This session will provide an overview of the nature/neurophysiology of pain, the assessment of pain and treatment of pain. We will also discuss the 4 different types of pain and how to use this information to guide treatment.

Whitney Storey has her Bachelor of Arts in Applied Psychology, Masters of Science in Occupational Therapy and is currently enrolled in final course in the post-graduate certificate in chronic pain management at University of Alberta.

Sabrina Panizzon has a Bachelor of Physical Education and Recreation. She is a CSEP - Certified Exercise Physiologist and a Professional Kinesiologist. She is currently enrolled in final course of post-graduate certificate in chronic pain management at University of Alberta.

303: **Caring for the Caregiver**

Debra Paches, BScN, RN

One in four Albertans is a caregiver-providing unpaid care for a loved one living with illness, disability or age related challenges. Caregivers often go unrecognized and therefore unsupported. As a result, they can become overwhelmed, depressed, isolated and unable to fulfill their role. Caregivers Alberta provides resources and supports for caregivers and care providers across Alberta.

Debra Paches has been in healthcare for more than 40 years. She is presently the Caregiver's Advisor at Caregivers Alberta and Navigator Coordinator. In her roles she supports caregivers and care providers throughout the province, as well as facilitates at workshops for health care providers to learn about how to support caregivers.

The Therapy Assistant Association of Alberta invites you to attend our 11th Annual Education Day Conference. We welcome all Rehabilitation Professionals, Therapy Assistants and Education Assistants.

Conference registration includes catered lunch and morning snacks.

Send us the completed registration form, along with your registration fee to ensure you can participate in this exciting educational opportunity. Door prizes and free memberships/renewals to be won!

IMPORTANT:

*You must pre-register! Late registrations will not be accepted and registrations will not be accepted at the door.

*A block of rooms at the Radisson Hotel and Conference Centre will be available at a special conference rate of \$125.00/per night (based on double occupancy) when booked by April 19th, 2017. Please call 1 (800) 333-3333 and mention the ThAAA Education Day to book your room.

Would you like to share a hotel room with another attendee?

If you do, check the box indicating this on the registration form. This will allow us to include your name and email address, to the list of other attendees who are looking to split hotel costs by sharing a room.

We will then send you a link, which will connect you to the list. It will be up to you to contact the attendees and follow up with arrangements.



AGENDA

Registration
7:30 - 8:45

Welcome / AGM
8:45 - 9:15

Cheryl Oberg - Keynote
9:30 - 10:15

Break
10:15 - 10:30

Concurrent Sessions 101 – 103
10:30 - 12:00 (90 min)

Lunch / Awards
12:00 - 1:00

Laughter Yoga - Cheryl Oberg
(20 min Laughter Yoga session for everyone to get
rejuvenated and re-energized for the afternoon)
1:05 - 1:25

Concurrent Sessions 201 – 203
1:30 - 3:00 (90 min)

Break
3:00 - 3:15

Concurrent Sessions 301 – 303
3:15 - 4:15 (60 min)

Networking Opportunity
4:15 - 5:00

Quality of Life



Therapy
Assistant
Association
of Alberta

Th.A.A.A 11th Annual Education Day Registration April 20, 2018

Name: _____ Phone#: _____

Address: _____

E-Mail (required): _____

Employer: _____

Job Title: _____ Membership Number (if applicable): _____

Diet Restrictions for lunch: _____

- Please add me to your email list. I already receive emails from the ThAAA.

- Add my name to the list for those looking to share a hotel room at the Education Day.**

You must pre-register, late registrations will not be accepted and registrations will not be accepted at the door. You will receive a confirmation number that must be presented to the registration desk on the day of the conference.

*Early Bird Registration on or before April 1th, 2018	Registration after April 1th, 2018
<input type="checkbox"/> Non Member Early Bird: \$150*	<input type="checkbox"/> Non Member: \$170
<input type="checkbox"/> Student Early Bird: \$65*	<input type="checkbox"/> Student: \$80
<input type="checkbox"/> ThAAA Member Early Bird: \$115*	<input type="checkbox"/> ThAAA Member: \$135
<input type="checkbox"/> ThAAA Member Early Bird with membership renewal: Certified \$170* Practicing \$155*	<input type="checkbox"/> ThAAA Member with membership renewal: Membership: Certified \$190 Practicing \$175

Please note: If you pay with PayPal, please hold on to your PayPal receipt for reimbursement or tax purposes. If paying by cheque, a receipt will be emailed to you.

Renew your Membership Early and Save \$10

- I would like to renew my membership for the 2018-2019 membership year at the same time as I register for the 2018 Education Day. **(Be sure to include your renewal form with the Education Day Registration Form) Renewal forms are printable from our website or can be requested by email.**

therapyassistantaa@gmail.com

Please choose your sessions

Name: _____	1st choice	2nd choice
Welcome / AGM 8:45 – 9:15	Everyone	
Keynote: 9:30 – 10:15	Everyone	
Session #1 10:30 - 12:00 (90 min)		
Where does a TA fit in the field of Mental Health and Developmental Disabilities?		
TimeSlips – Connect Through Creativity		
Tip of the Tongue, the Teeth, the Lips! (90 min)		
Lunch / Awards	Everyone	
Laughter Yoga (20 min)	Everyone	
Session #2 1:30 - 3:00 (90 min)		
Acupuncture and how it's being used in Stroke Rehabilitation		
The Supported Conversation for Adults with Aphasia (SCATM)		
Bringing Together Life and Ongoing Rehabilitation after Traumatic Brain Injury		
Session #3 3:15 - 4:15 (60 min)		
Visioning for OTA/PTA in Canada		
Assessment and Management of Chronic Pain		
Caring for the Caregiver		

***You must register on or before April 1th, 2018 for the Early Bird Rate.**

Registration deadline is April 13th, 2018.

Payment can be made by going to our website www.thaaa.ca and selecting the appropriate PayPal button on the right-hand side of the home page. The registration form can be emailed to promotions@thaaa.ca or mailed along with the registration fee (money order or cheque) to the address listed below. When both the registration form and payment have been received, we will email you a confirmation number. Cancellations made after April 13, 2018 will not be refunded.

A \$45.00 NSF Fee applies to all returned cheques
Please make cheques payable to Therapy Assistant Association of Alberta
Th.A.A.A., PO Box 29004, Edmonton, AB, T6H 5Z6

Therapy Assistant Association of Alberta



Laughter is the Best Medicine!