

YTC REHABILITATION SERVICES FOR ALEXANDER FIRST NATION

Occupational Therapist:

Evelyn Wevik

Evelyn works with people who require aids for daily living and adaptations for living with short or long term physical disabilities (NIHB).

OT in your community works in close cooperation with community health and homecare programs including Elders Lodge and Young Adult Group Home, diabetes management and prevention initiative, housing and other public agencies.

Evelyn is in your community once a week (Tuesday) providing service/consultation.

Physical Therapist:

Claire Golda

Claire helps clients with re-building strength, flexibility and endurance, pain management and injury prevention.

Therapy usually includes passive and active treatments. Passive treatments include orthopaedic techniques, electrotherapy, hydrotherapy (heat/ice). Active treatment includes therapeutic exercise, special equipment exercise, active living and injury prevention consultation.

Claire's clinic days in your community are on Mondays & Fridays.

Our Team



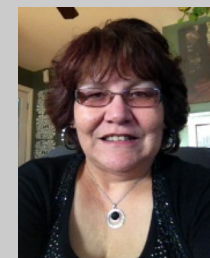
Evelyn



Claire



John



Diane

Access to Service

Therapists provide services during *scheduled clinic days at the community Health Center*. Appointments are scheduled by Diane Paul, RA at Alexander Health Center: (780) 939-4787



YTC Rehabilitation Team

WHAT IS REHABILITATION?

Rehabilitation is a treatment or treatments designed to facilitate the process of recovery from injury, illness, or disease to as normal a condition as possible. Rehabilitation often focuses on

- *Physical therapy to help your strength, mobility and fitness*
- *Occupational therapy to help you with your daily activities*
- *Massage therapy to help with stress management, muscle aches and pains, relaxation*
- *All above named disciplines provide treatment approaches and modalities for acute and chronic physical pain.*

YTC REHABILITATION SERVICES FOR ALEXANDER FIRST NATION

Pediatric Occupational Therapist:

John Walker

Therapist works in cooperation with early childhood development programs (I.E. Headstart, daycare, pre-school and school programs). It is therapy that helps children perform everyday skills and activities. Pediatric occupational therapists focus on fine motor, visual-motor, and sensory processing skills needed for basic activities of daily living.

Referrals/appointments for John are booked directly with therapist or by Diane Paul at the Health Center.

Community Based Rehabilitation Assistant:

Diane Paul

Diane works in cooperation with YTC therapists and provides administrative support, booking clients, referral intake, advocating service to community members, follow-ups with long term care clients and other relevant duties.

A sound mind in a sound body