



CAOT - ACE

Canadian Association of Occupational Therapists
Association canadienne des ergothérapeutes

Easy Choice: Practice Bundle

Return to Work II

This webinar bundle includes the following 5 On-Demand Practice Evidence Webinars:

A Return-to-Work Planning Template to facilitate work re-integration after cancer treatment

Presented by Lydia Beck on November 26, 2019

Improvements in screening and treatment are increasing the number of individuals who return to work after cancer. Cancer survivors are motivated to return to work but face barriers. To address gaps in return-to-work resources, a Return-to-Work Planning Template (RTW-PT) was developed and can be used by occupational therapists to support return to work planning and communicating needs.

This webinar will explain how a RTW-PT can be used as a communication tool to facilitate a successful return to work. The experiences of cancer patient's use of the RTW-PT will be highlighted. Practical tips and resources will be shared so participants can implement a RTW-PT in their practice with cancer survivors.

After taking part in this webinar, participants will be able to:

1. Describe common concerns/challenges faced by cancer survivors when considering return to work.
2. Understand cancer survivors' experiences using the RTW-PT to facilitate their return to work.
3. Identify various ways that a RTW-PT can be used to support and prepare for return to work.

The business case for accommodating people with mental illness at work

Presented by Rebecca Gewurtz and Emile Tompa on December 17, 2019

Developing the business case to support the value of inclusion can help occupational therapists working with employers identify the costs, benefits and potential strategies to improve their capacity to hire and retain diverse workers, including people with mental illness.

This webinar will share case studies incorporating qualitative and economic data from interviews with accommodated workers, coworkers, supervisors/managers in five Canadian organizations focused on accommodating and supporting workers with mental illness. These cases will highlight the costs and benefits of accommodating workers with mental illness, as well low-cost strategies that can help organizations better meet the needs of diverse workers.

After taking part in this webinar, participants will be able to:

1. Describe the costs and benefits of accommodating and supporting workers with mental illness.
2. Identify low cost strategies to increase inclusion of diverse workers within the workplaces.
3. Identify opportunities for occupational therapists to facilitate improvements in workplace policies, programs and practices to increase employer capacity for hiring and accommodating diverse workers.

Chronic conditions on-the-job: Inflammatory/autoimmune disorders

Presented by Karen Joudrey on March 27, 2018

Most people over 40 have at least one chronic condition, and our Canadian workforce is aging.

Addressing the impact of inflammatory, autoimmune diseases such as Rheumatoid Arthritis; Crohn's disease; ulcerative colitis; psoriasis; psoriatic arthritis; and ankylosing spondylitis is a workplace priority (second only to addressing the impact of mental health conditions at work). Occupational therapy theory provides a framework to identify facilitators and remove barriers to mitigate disability. Review of the occupational therapy literature reveals that appropriate chronic disease self-management practices increases our clients' occupational participation and performance. Regardless of your area of practice, how can OTs partner with our clients living with these conditions to support self-management and enable occupation? Can compassionate and innovative occupational therapy intervention respect economic imperatives of the workplace? Can these two interests be win-win?

After watching this webinar, you will be able to:

1. Understand the impact of inflammatory, autoimmune conditions on the workplace.
2. Consider application of self-management strategies and principles in the context of work.

Motivational Interviewing and Return to Work

Presented by Joanne Park on March 25, 2014

Motivational interviewing (MI) is an evidence based client-centred approach that can be used to address various health conditions and lifestyle problems capable of supporting behaviour change. During the webinar, participants will learn how MI can be used to identify and address ambivalence using the fundamental processes of MI. The relationship between MI and the Transtheoretical Model will be reviewed to provide a better understanding of the process of behavioural change. The utility of MI in work rehabilitation and how it can be applied to different areas of occupational therapy practice will also be discussed.

After watching this webinar, you will be able to:

1. Recognize how motivational interviewing and the stages of change are related.
2. Understand the fundamental processes used in motivational interviewing.
3. Identify how motivational interviewing can be used in work rehabilitation and other areas of occupational therapy practice.

Chronic pain and work rehabilitation: Does meaning matter?

Presented by Sara Saunders on November 15, 2016

Work disability is a costly problem and a challenge for the occupational therapist charged with ensuring return to work. An important piece of the work disability puzzle is the meaning of work. For most people, who spend the majority of their day doing paid work, work is an important source of meaning. But what happens when this meaning is challenged by chronic pain due to a musculoskeletal injury? This webinar will first review the evidence on the meaning of work for those with work disability. It will then use real cases based on experiences with chronic pain to illustrate the role of meaning in work disability. Finally, practical suggestions for focusing on meaning in a work rehabilitation context will be explored.

After watching this webinar, you will:

1. Understand the role of the meaning of work for people in work rehabilitation.
2. Be equipped with practical ideas for how to incorporate a focus on meaning within a work rehabilitation content.

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