

Sandra Hale, B.Sc. (O.T.), Reg. OT (BC)

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EDUCATION

- 2001 Bachelor of Science (Occupational Therapy)
University of British Columbia
- 1995 Bachelor of Arts (Psychology)
University of British Columbia

CERTIFICATIONS

- Functional Capacity Evaluation Certification Program – Matheson Education and Training Solutions, 2019
- Functional Capacity Evaluation Certification (Level 1), JTECH Medical, 2023
- Assessment of Process and Motor Skills (AMPS)
- Functional Independence Measure (FIM)/Alpha FIM

PROFESSIONAL REGISTRATIONS

- College of Occupational Therapists of British Columbia (COTBC)
Occupational Therapist with full registration
- Canadian Association of Occupational Therapists (CAOT)
Full-time member
- International Association of Rehabilitation Professionals (IARP)

POSITIONS HELD

- 2023 - Present **Occupational Therapy Consultant, Life Care Planner & Work Capacity Evaluator**
Turning Point Rehab Canada Ltd.

Provision of Cost of Future Care assessments and development of life care plans that include a functional assessment with recommendations that outline current and future medical and rehabilitation services, supported services, and supplies and equipment following catastrophic injuries including, but not limited to, complex orthopedic, acquired brain injuries, spinal cord injuries, and psychological trauma.

Provision of Functional Capacity Evaluations and completion comprehensive report documenting the findings and observations, the examinee's subjective reports, and an analysis of the examinee's abilities and limitations pertaining to work, household and leisure activities.

2021 - Present

Sole Charge Occupational Therapist

Vancouver Coastal Health, Cedarview Lodge

Responsible for seating and wheelchair prescription and assessments, including complex seating needs assessment and prescription, mobility and functional assessments, pressure injury assessment and management, dysphasia and feeding assessments/upgrades and downgrades, communication assessments including liaising with community agencies such as CAYA, cognitive/perceptual assessments and retraining and supervision of Rehabilitation assistant.

2018 – Present

Independent Occupational Therapist Consultant

Sandra Hale OT Consulting

Private practice consultation, assessment, and community-based rehabilitation for individuals who sustained injuries arising from motor vehicle accidents, workplace incidents or medical errors or who have complex care needs. Provide cognitive rehabilitation programs, hospital discharge, rehabilitation management and return to work planning

2018 -2023

Occupational Therapy Consultant, Life Care Planner & Work Capacity Evaluator

Health First Health Care Solutions Inc./IMA Solutions

Provision of Cost of Future Care assessments that include a functional assessment with recommendations that outline current and future

medical and rehabilitation services, supported services and supplies and equipment following catastrophic injuries including but not limited complex orthopedic, acquired brain injuries and psychological trauma.

Perform Functional Capacity Evaluations and complete a comprehensive report documenting the findings and observations, the examinee's subjective reports, and an analysis of the examinees abilities and limitations pertaining to work, household and leisure activities.

2016 – 2021, 2010,
2001- 2002

Occupational Therapist

Vancouver Coastal Health, Lions Gate Hospital

Worked with youth (14 to 20), adult (21 to 55) and older adult (55+) clients with a wide variety of disorders, including neurological, orthopedic, cardiac, musculoskeletal and movement disorders, and with acute mental health, chronic pain, arthritis, rehabilitation, neurological outpatient, palliative, and oncology clients. Also worked with clients admitted and discharged from the emergency ward.

Services included assessment and treatment, seating and positioning, cognitive/perceptual assessments and retraining, home based functional assessments, splinting and education on joint protection/energy conservation, discharge planning and referral to community services, collaboration with clients, family, interdisciplinary team members, and healthcare professionals, supervision of rehabilitation assistants and developed, implemented and evaluated psychosocial and functional groups.

2013 – 2019

Senior Occupational Therapy Consultant

OT Works! New Westminster, BC

Private practice Occupational Therapist providing Occupational Therapy Assessments, functional assessments, job demands analysis and return to work planning, community living skills, hospital discharge planning, including aids and equipment prescription and training, home accessibility and safety assessments, case coordination and case management, ergonomic assessments, seating and wheelchair assessments and community-based rehabilitation for physical, neurological and psychological limitations.

2014 – 2015

Sole Charge Occupational Therapist

Vancouver Coastal Health, Home and Community Care

Worked with youth (14 to 20), adults (21 to 55) and older adults (55+) with developmental disabilities and complex healthcare needs within their homes and communities. Created and implemented specific care plans, completed functional, home accessibility and safety assessments and addressed cognitive and psychosocial barriers. Equipment prescription and training, including Ministry funding letters/applications. Trained and supported family members and caregivers. Liaised with and provided referrals to specialist care/community agencies.

2012 – 2014

Occupational Therapist

Vancouver Coastal Health, Grandview Woodlands Mental Health Centre

Case management of youth (14 to 20), adults (21 to 55) and older adults (55+) mental health and addiction clients. Services included cognitive, perceptual and psychosocial assessments, completed home-based functional assessments, and functional goal-focused rehabilitation. Co-facilitated psychosocial and skills-based groups. Provided referrals to community agencies and assisted clients to engage in community programs. Supervision of peer support workers and occupational therapy students.

2011 – 2012

Senior Occupational Therapist

Fraser Health, New Westminster Mental Health & Substance Use

Case management of youth (14 to 20), adults (21 to 55) and older adults (55+) mental health and addiction clients. Services included comprehensive functional assessments to determine appropriate housing needs/level of support and developed goal-focused treatment plans. Developed partnerships and made referrals to community agencies. Planned and facilitated psychosocial and skills-based groups in the community. Performed home safety assessments and prescribed

equipment to facilitate client's safety and independence. Supervised peer support workers and occupational therapy students.

2007 – 2010

Occupational Therapist

Southern Health, Victorian Aids & Equipment Program Victoria, Australia

Reviewed and assessed funding applications for equipment and home modifications within a client-centered focus for the adult (21 to 55) and older adult (55+) population living in the suburbs of Melbourne with a wide variety of disabilities, including neurological, orthopedic, mental health and brain injuries. Key role was ensuring the merit of applications (e.g., that referrers had demonstrated appropriate clinical justification/reasoning) and that all eligibility application guidelines had been met. Prioritized and processed applications according to assessed need, budget restrictions, and availability of re-issue (used) equipment. Provided follow up and education to referrers when inadequate prescriptions were made. Communicated with clients, family members, referrers, suppliers, case managers, and other funding organizations regarding issues/enquires related to the program/specific applications. Organized and managed the allocation of re-issue equipment, supervised administration staff. Managed a large quality improvement project that involved onsite assessment, home visits and recommendations for clients using motorized scooters. Presented results at Victorian Aids & Equipment annual conference. Acting Program Coordinator/Supervisor for eight weeks on two separate occasions while Program Coordinator was on leave and/or ill.

2005 – 2007

Occupational Therapist

2003 – 2004

Southern Health – Middle South Community Care Units (CCU), Victoria, Australia

Community-based case management and intervention of 20 residents (ages 18 to 55) of rehabilitation facility with chronic mental health issues (e.g., schizophrenia, depression, bipolar). Services included individual treatment and recovery plans, functional, cognitive and psychosocial assessments to determine housing and level of care needs. Development and facilitation of psychosocial and skills-based groups

within the CCU and in the community. Revamped group program and initiated and implemented a program review/evaluation committee. Supervised occupational therapists and occupational therapy students. Crisis management of sub-acute clients. Sourced government grant to develop and implement the successful psychosocial group “Fit for Life.” Collected psychometrics and presented results of study at World Federation Occupational Therapy Conference in 2006.

2004 – 2005

Occupational Therapist

Southern Health – Mobile Support and Treatment Team, Victoria, Australia

Sole charge Occupational therapist responsible for Community-based case coordination/management and intervention of adults (18 to 65) living with chronic mental health illness and addictions. Worked within a specialized team that performed daily home visits, supervised medication management, and developed individual treatment and recovery plans. Liaised and made referrals to community agencies. Completed functional, cognitive and psychosocial assessments.

2002 – 2003

Occupational Therapist

Epworth Rehabilitation (Formerly Brighton Rehabilitation Centre), Victoria, Australia

Worked with neurological, orthopedic, cardiac, musculoskeletal, movement disorder and pain management adult (18 to 55) and older adult (55+) clients. Services included functional, ADL and cognitive/perceptual assessment and training, home safety evaluations and home equipment prescriptions. Conducted preoperative and post-operative information sessions to clients and family members. Liaised and made referrals to community agencies. Supervised occupational therapy students and rehabilitation assistants.

CONTINUING EDUCATION

- 2023 Functional Capacity Evaluation Certification, JTECH Medical
- 2022 Cognitive Functional Capacity Evaluation (COG FCE) Workshop - Matheson Education & Training Solutions, Surrey BC
- 2021 Home is Where the Heart is – Creating opportunities for aging in place - CAOT Conference
- 2019 The Functional Capacity Evaluation Certification Program – Matheson Education & Training Solutions, Bedford, NH
- 2019 Return to work after stroke and cardiac events - Building opportunities and overcoming challenges – Webinar
- 2019 Building Bridges 22 - Technology and Innovation Conference, Burnaby BC
- 2018 Concussion Management: Case Study Review – Webinar CAOT-BC Chronic Pain and Occupational Therapy Practice Network
- 2018 Rehab Equipment Expo – Assistive Technology Showcase & Presentations, Richmond, BC
- 2018 Driving Anxiety – Workshop, Vancouver BC
- 2018 Concussion & Persistent Symptom Management – Webinar CAOT-BC Chronic Pain and Occupational Therapy Practice Network
- 2018 Arthritis and Community Resources -Webinar CAOT-BC Chronic Pain and Occupational Therapy Practice Network
- 2017 Chronic pain, anger and grief – Webinar
- 2017 Rheumatology/Management & Fitting of Aspen Collar/ Pain Management – In-Services, North Vancouver BC
- 2017 Building Bridges 20 – The Client Voice: Informing OT Practice Conference, Vancouver BC
- 2017 13th Annual Health Care Professional Conference – WorkSafe BC, Vancouver BC
- 2017 Everything Concussion: Guiding Health Care Professionals Workshop, Vancouver BC
- 2016 Motivational Interviewing – Introductory Level Workshop for Health Professionals – CAOT workshop, Vancouver BC
- 2016 Dysphagia courses: Intro to Feeding, Eating and Swallowing and Feeding, Eating and Swallowing Level 2 & 3, North Vancouver BC
- 2016 Workshop: People in Pain Network & Neil Pearson present “Partnering with your pain,” educational Series for Healthcare Professionals, Vancouver BC
- 2016 Shift Concussion Management Program Workshop, Vancouver BC
- 2016 Trial Lawyers Association of BC, Soft Tissue Injury Conference, Vancouver BC

- 2015 Community Rehabilitation Forum, Vancouver BC
- 2015 Visual-Vestibular Approaches in Concussion Management Workshop, Burnaby, BC
- 2015 Community Seating Series, Vancouver Coastal Health, Vancouver BC
- 2015 Building Bridges 18, Leadership from Within Conference, Vancouver BC
- 2014 Assistive Technology for Older Adults Workshop, H. Jassal, Occupational Therapy Consulting Services, Burnaby, BC
- 2014 Occupational Therapy Cognitive Expo – November 2014, Vancouver BC
- 2014 Concussion in Service- Concussions: How to manage them without hurting your brain, Dr. Jim Bovard, North Vancouver, BC
- 2014 Rehab Equipment Expo, Richmond, BC
- 2014 Building Bridges 17, Courageous Conversations Conference, Vancouver, BC
- 2013 CAOT “Enabling Occupation through the Assessment and Treatment of Cognitive Impairments in Adults” Workshop, Vancouver BC
- 2013 Wheelchair Seating & Positioning in Community: Practical Applications, Two Day Workshop, Access Community Therapists Ltd, Burnaby, BC
- 2013 Rehab Equipment Expo, Richmond BC
- 2013 Acquired Brain Injury Workshop, Vancouver BC
- 2013 Mental Health 101 Workshop, Vancouver BC
- 2012 UBC Fieldwork Educator Workshop, Vancouver BC
- 2011 Cognitive Behavior Therapy and Beyond: Clinical Approaches to Compulsive Hoarding Response Workshop, North Vancouver, BC
- 2011 Bridges 9, Occupational Therapy Conference, Vancouver BC
- 2011 Rehabilitation and Recovery Learning Exchange Conference, Vancouver BC
- 2011 CAOT Web Seminar “Comprehensive Fatigue Assessment Battery for Individuals with Traumatic Brain Injury”
- 2010 CAOT Web Seminar, “Enabling Occupation II: A Review and Discussion”
- 2009 Victoria Aids & Equipment Conference, Presenter, Melbourne, Australia
- 2008 Invacare Road Show, Education and Training Workshop, Melbourne, Australia
- 2007 Independent Living Centre, Battery Workshop, Melbourne, Australia
- 2007 Cognitive Behavioral Strategies for Working with Voices Workshop, Melbourne, Australia
- 2007 Advanced Cognitive Therapy for Voices Workshop, Melbourne, Australia

- 2006 Southern Synergy Occupational Therapy Conference “The Art of Occupational Therapy”, Melbourne, Australia
- 2006 World Federation of Occupational Therapy (WFOT) Conference, Sydney Australia, Presenter
- 2004 Quality Supervision, Certificate Course – La Trobe University, Melbourne Australia
- 2004 Personality Disorder Service “Medico-legal Issues and Clinical Strategies” Workshop, Melbourne, Australia
- 2003 Assessment of Motor and Process Skills (AMPS) Course, Brisbane, Australia
- 2003 OT Australia 22nd National Conference, Melbourne, Australia
- 2000 Inter-University Student Conference (IUSC), Alberta, BC