

As of November 2014

CURRICULUM VITAE

**ALISON MEYER, BA. (Hons. Kin.) Registered Kinesiologist,
Canadian Certified Life Care Planner**

PROFESSIONAL EXPERIENCE

President/Clinical Director

October 2014 to present

Renew Rehab Inc., 55 Northfield Drive East, Suite 282, Waterloo, ON N2K 3T6

Oversee all Rehabilitation Counsellors; review documents and reports prior to publishing; file review and supervision of all aspects of the Rehabilitation Counsellor role

Complete invoicing, payroll, bill payments and any other financial transactions associated with the running of the business

Interview, hire and train new team members

Accept new referrals, meet with individuals and families dealing with traumatic injuries and support them throughout the process of initiating and accessing rehabilitation funding through their auto insurer

Clinical Director

January 2014 to September 2014

Key Rehab Services Inc. 871 Victoria Street N., Unit 1, Kitchener, ON N2B 3S4

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Key Rehab Services Inc. 871 Victoria Street N., Unit 1, Kitchener, ON N2B 3S4

Develop and coordinate goal-directed rehabilitation plans for individuals of all ages who have sustained traumatic injuries resulting in cognitive, physical, behavioural and/or psychosocial problems. This includes diagnostic groups such as brain injury, chronic pain, soft tissue and complex orthopaedic injuries, spinal cord injuries and sensory impairment.

Assess the needs of the individual through a structured interview process and analysis of information. This includes review of medical, educational, employment, and psychological records.

Facilitate referrals for assessment and intervention to clarify and address specific rehabilitation needs.

Implement plans aimed at improved quality of life and reintegration into work, home, school and the community.

Provide community-based life skills, family, social, financial, educational, and vocational rehabilitation counselling using a case management model.

Review plans and liaise with the injured individual, family, caregivers, health care professionals, workplace/school personnel, insurance adjuster, lawyer, and referral sources.

Conduct task analyses to determine physical and cognitive demands; determine and implement necessary accommodations and compensatory strategies.

Determine educational and vocational needs; provide educational and employment counselling and placement assistance; facilitate training programs, work trials, job coaching, and graduated return-to-work plans.

Provide educators with insight into students' needs and assist in the development of educational plans.

Provide reports to communicate functional status, rehabilitation needs and associated costs, outcomes, and employability.

Negotiate funding to implement necessary plans.

Canadian Certified Life Care Planner

May 2010 to present

Kitchener, Ontario

Review medical and rehabilitation reports, meet with the client and prepare a comprehensive and succinct report of the client's accident-related history, current status and expected progress and probable complications.

Consult with the client's medical and rehabilitation professionals to understand the client's current status as well as any probable or possible long-term complications.

Prepare a comprehensive Table of Costs indicating the client's necessary and probable accident-related medical and rehabilitation needs, both current and in the future

Life Performance Coach

March 2005 to December 2010

Alison Meyer Coaching, Waterloo, Ontario

Offer one-on-one Life Performance Telephone Coaching to high-achieving professionals who want to have the same success with their health as they have had with their careers

Educate and empower small and large groups at corporate retreats and employee workshops by offering seminars and workshops about strategizing for success

Write and deliver a monthly e-newsletter to educate readers across North America about health, wellness and time management strategies to assist them in creating healthy and positive lifestyle changes.

Facilitator: CARE to Share Pilot Program

February to April 2009

Brain Association of Waterloo-Wellington

Co-lead the pilot version of a psycho-educational group designed for caregivers of survivors of acquired brain injuries.

Work together with the author of the program as well as the other co-leader to create a program that flows smoothly and gives the participants the education and support they need at a challenging time in their lives.

Modify and update the program, Power Point slides and handouts weekly.

President, Personal Trainer

October 1997 to November 2007

Naturally Fit Personal Training, 438 Highland Road W., Kitchener ON N2M 1C7

Develop goal-directed exercise, lifestyle and nutrition plans for clients wanting to make a positive lifestyle change.

Offer top-quality personal training in a one-on-one environment with individuals with varying abilities, experience and goals.

Hire and train personal trainers, run regular staff meetings and staff training sessions.

Complete all marketing, networking, and promotion activities to build the client base of a private personal training company.

Complete company payroll, government remittances and monthly bookkeeping in a timely and accurate fashion.

Write and deliver a monthly e-newsletter to educate readers across the local area and across North America about health, fitness and wellness.

EDUCATION

Life Care Planning, University of Florida (2010)

Bachelor of Arts, Honours Kinesiology, Wilfrid Laurier University (2000)

CERTIFICATION

Registered Kinesiologist, College of Kinesiologists (Reg. # 10182)

Canadian Certified Life Care Planner, International Commission on Health Care Certification

Professional Member of the Ontario Kinesiology Association (OKA)

First Aid

Heart Saver Cardio-Pulmonary Resuscitation

Certificate Program in Community-based Rehabilitation: Level 1 & 2 (co-sponsored by the Ontario Brain Injury Association and Brock University)

ADDITIONAL TRAINING

Ontario Brain Injury Association Conferences. These conferences occur annually.

Can-Fit-Pro Annual International Conference. This conference is recognized as Continuing Education Credits by the Ontario Kinesiology Association (OKA).

Job Site Assessments course offered by Metriks Canada (2013)

Physical Demands Analysis course offered by Metriks Canada (2013)

Functional Capacity Evaluations course offered by Metriks Canada (2013)

Various Continuing Education Courses, including but not limited to:

- Neurologic Disorders Part 3 – Coma, Alterations of Consciousness and Sleep Disorders
- Neurologic Disorders Part 6 – Neurotrauma: Traumatic Brain Injury & Spinal Cord Injury
- Introduction to Reflex Sympathetic Dystrophy
- Job Stress/Burnout
- Post Traumatic Stress Disorder (PTSD): The Basics, Treatment Modalities and Family Issues