



NATALIE ZARASKA, BSc (OT), Reg (Ont), MSc (Rehab)
Registered Occupational Therapist

3029 Bloor Street West
Toronto, Ontario M8X 1C5

Tel. 416-244-4902
Cell 416-244-5524
Fax 416-244-3370
natalie@zaraskarehab.com

PROFESSIONAL EXPERIENCE

1999 to present **Zaraska Rehabilitation**
Director / Occupational Therapist

- Manager/director of a community-based private practice providing occupational therapy services, case management and medical legal consultation.
- Responsible for implementation of appropriate community-based rehabilitation programs for individuals with acquired brain injuries, mental health challenges, chronic pain as well as other physical disabilities.
- Demonstrated success in provision of comprehensive services to individuals of all ages.
- Plan and liaise with community-based rehab team of health professionals to include the disabled individual, family, caregivers, workplace/school personnel, insurance adjusters, lawyers and referral sources.
- Provide educational and employment support using standardized assessments and functional skills evaluation.
- Conduct comprehensive home, work and community-based functional assessments.
- Experienced using a variety of standardized assessments including: Rivermead Behavioural Memory Test (RBMT), Behavioural Assessment of Dysexecutive Syndrome (BADSD), Detailed Assessment of Speed of Handwriting (DASH), Independent Living Skills (ILS), and Test of Everyday Attention (TEA).
- Design and review plans for individualized accommodations to assist with clients' return to activities of daily living, school, work or productive lifestyles.
- Experienced in determining computer technology needs as related to school, work or home use, such as Dragon Naturally Speaking, Inspiration, Kurzweil and Read Write Gold.
- Created and ran a community-based social skills group for young adults with acquired brain injuries.
- Monitor, supervise and provide leadership to occupational therapists, occupational therapy assistants and other support staff.
- Provide ethical, sensitive, appropriate and relevant client-based rehabilitation.
- Expert witness testimony experience.

2015 – Present **International Educational Coordinator**
Ukrainian Catholic University, School of Rehabilitation Medicine

- Occupational Therapist Advisor to the World Federation of Occupational Therapists on behalf of Ukraine's Association of Occupational Therapists
- Working with group of professionals to develop Curriculum for OT Master's Program
- Liaison with University of Toronto, Faculty of Rehabilitation
- Speaker at conferences

office: 416 244-4902 cell: 416 244-5524 fax: 416 244-3370
email: natalie@zaraskarehab.com www.zaraskarehab.com
3029 Bloor Street West, Toronto, Ontario M8X 1C5

2002 to 2003 **Credit Valley Rehabilitation Centre
Occupational Therapist**

- Conducted cognitive and functional assessments of adults who have sustained acquired brain injuries. Standardized and functional assessments used to develop appropriate treatment plans.
- Provided active, functional and individualised treatment to assist with clients' return to activities of daily living, school, work or productive lifestyles.

2001 to 2003 **Accident Injury Management, Scarborough
DAC Assessor**

- Functional and standardized assessments of clients with acquired brain injuries.

1998 to 2002 **Rehabilitation Management Inc.
Rehabilitation Counsellor / Occupational Therapist**

- Developed and co-ordinated goal-directed rehabilitation plans for individuals of all ages who have sustained traumatic injuries resulting in cognitive, physical, behavioural and/or psycho-social problems.
- Provided community-based life skills, family, social, financial, educational and vocational rehabilitation, reviewed plans and liaised with the injured individual, family, caregivers, health care professionals, workplace/school personnel, insurance adjusters, lawyers and referral sources.
- Determined educational and vocational needs; provided educational and employment counselling and placement assistance; facilitated training programs, work trials, job coaching and graduated return-to-work plans.

1996 – 1998 **Neurologic Rehabilitation Institute of Ontario (NRIO), Etobicoke, Ontario
Occupational Therapist**

- Provided occupational therapy programming for out-patient and in-patient programs.
- Conducted community-based functional assessments.
- Developed and supervised the implementation of integrated treatment programs for individuals with a moderate to severe brain injury.
- Responsible for program development and policy formulation.
- Provided ongoing supervision and support for occupational therapy assistants and rehabilitation coaches.

1997 – 1998 **Community Neuro Care, Toronto, Ontario
Consultant Occupational Therapist**

- Provided active rehabilitation for individuals with brain injuries living in the community.
- Developed appropriate and meaningful treatment goals and objectives.
- Provided ongoing liaison and treatment planning with members of the rehabilitation team.

1997 **Columbia Neuro-Rehabilitation Centre, Toronto, Ontario
Consultant Occupational Therapist**

- Provided active rehabilitation for individuals with brain injuries living in the community.
- Developed appropriate and meaningful treatment goals and objectives.
- Provided ongoing liaison and treatment planning with members of the rehabilitation team.

1994 – 1996 **Centre for Traumatic Brain Injury Rehabilitation, Toronto, Ontario**
Occupational Therapist

- Conducted thorough cognitive assessments within a community clinic and in client's homes.
- Assessed and treated individuals of various ages and cultural backgrounds.
- Supported individuals with brain injury through one-on-one group sessions.
- Actively involved in accreditation process; and supervised students and assistants.

1994 **Toronto Occupational Therapy Associates, Toronto, Ontario**
Consultant

- Planned and implemented rehabilitation treatment for clients in their homes and in the local community.
- Conducted comprehensive home assessments of individuals with brain injuries, fractures and soft tissue injuries.
- Assessed client's functional status and ability to return to work.
- Provided innovative treatment including education, teaching of compensatory strategies, and provision of appropriate assistive devices.
- Linked clients with relevant community resources.

1991 – 1993 **York Finch General Hospital, Toronto, Ontario**
Occupational Therapist (sole-charge)

- Developed and implemented in-patient program for 17 bed psychiatric unit.
- Planned and conducted daily groups including stress management and life skills.
- Initiated, ran and co-ordinated post-discharge group out of a community mental health centre.

EDUCATION

Bachelor of Science (Honours), Occupational Therapy, University of Toronto (1991)

Master of Science, (Rehabilitation), Queen's University (1997)

Focus: Disability and handicap in the community
Awards: ICACBR scholarship, CIDA research grant

COURSES

Life Skills Training, Y.W.C.A. (1993)

Level One Certificate, Program In-Home and Community-Based Rehabilitation, Brock University/and Ontario Brain Injury Association (November 1998)

Level One Certificate, Rehabilitation for Children with Acquired Brain Injury, Brock University/ Ontario Brain Injury Association (November 2006)

PGAP Certification, Progressive Goal Attainment Program, Toronto (2012)

CBT Certification, Cognitive Behaviour Therapy, The Hincks Dellcrest Centre (2012)

PROFESSIONAL CERTIFICATION

Member of the College of Occupational Therapists of Ontario (COTO) #G9302397

PROFESSIONAL ASSOCIATIONS

Member, Canadian Association of Occupational Therapists (CAOT)

ARTICLES

“Shifting the Paradigm” co-authored with Lisa Harper, AdvanceWeb Occupational Therapy, July 2016

Appeared in University of Toronto’s Occupational Science & Occupational Therapy article “Alumni Promoting OT & PT in Ukraine”, 2015

“Personal Digital Assistants (PDA’s) – Putting Technology in the Palm of Your Hands”, OT NOW, November/December 2001

SPEAKER / RESEARCH

November, 2017- Niagara Falls, Canada: Speaker at OBIA (Ontario Brain Injury Association): Bringing Occupational Therapy to Ukraine: Soldiers returning from the warfront with TBI and PTSD

June 2017- Washington, USA, Speaker at UMANA (Ukrainian Medical Association of North America) Conference: Bringing Occupational Therapy to Ukraine

April 2017 – Lviv and Dnipro, Ukraine: Ukrainian Catholic University, School of Rehabilitation Medicine. Guest speaker at Conference: Perspectives of Ergotherapy Development in Rehabilitation System in Ukraine.

April 2017 - Kiev, Ukraine – Guest speaker at NATO Conference and Signing Memorandum of Collaboration with the Ministry of Health, UA

November 2015 - Lviv, Ukraine: Ukrainian Catholic University, School of Rehabilitation Medicine. Guest speaker at Conference: Physical Rehabilitation and ABI in Ukraine: New Model, International Standards

August 2015 - Guest speaker by Skype, Conference in Lviv, Ukraine on Medical Practices in TBI, topic: Occupational Therapy with TBI

February 2014 – Presentation (Enabling Occupation with Adults II course) to Department of Occupational Science and Occupational Therapy at University of Toronto

August 2008 - Assisted with PhD student research involving the development of inter-professional guidelines for vocational evaluation in brain injury, University of Toronto

CONTINUING EDUCATION

- Mindfulness-Based Cognitive Therapy (MBCT) – The Centre for Mindfulness Studies (September 2016)
- Paediatric Traumatic Brain Injury: Protecting our Kids – PIA Law (April 2016)
- Consent & Capacity Issues Following Traumatic Injury – Oatley Vigmond LLP (September 2015)
- Innovation and TBI: From Research to Clinical Practice – Oatley Vigmond LLP and McLeish Orlando LLP (June 2014)
- Compassion Fatigue – Gluckstein Personal Injury Lawyers (October 2013)
- NRIO: seminar on Personality Disorders (April 2013)
- Toronto ABI Network Conference 2012 (November 2012)

- Accident Benefits Seminar “Where’s the Funding” – Howie, Sacks & Henry (February 2012)
- Smartphone Prescription – Complex Rehab Injury (December 2011)
- Challenging the Challenges - Toronto ABI Conference (November 2010)
- Vocational Rehab Study - University of Toronto (July 2010)
- Navigating the New SABS: Practical Solutions - Thomson Rogers/Bartimaeus Inc. (April 2010)
- The Frontal Lobes - The Rotman Research Institute (March 2010)
- Harnessing the Power after Brain Injury - OBIA Conference (October 2009)
- Driving Assessment in Occupational Therapy - University of Toronto (March 2009)
- Brain Functioning and Psychopathology - Leading Edge Seminars Inc. (November 2006)
- Effective Interventions with Adults with ABI - Baycrest Centre for Geriatric Care (October 2003)
- NDT/Bobath, Introductory Course in the Treatment of Adults with Hemiplegia (January 2003)
- Functional Community Reintegration After Brain Injury - St. Jacobs (January 2003)
- Assistive Devices Program, Individual Authoriser, writing aids (1998)
- Treatment of Adult Hemiplegia - Bobath Symposium (April 1997)
- Neuro Developmental Theory Workshop, San Francisco (March 1997)