



HIGHER LEVEL OCCUPATIONAL THERAPY

DIGITAL BROCHURE





OUR SERVICES

Exposure Therapy

Care Needs Assessment

Ergonomic Assessment

In-Home or Telehealth Functional Assessment

Traumatic Brain Injury (TBI) Assessment and Treatment

Cognitive Assessment and Treatment

Psychosocial Assessment and Treatment

Medical-Legal Reports

Workplace Wellness Education

Transition to Adult & Support with Launching
Life Coaching

MISSION

We aim to help our clients reach a higher level of function, participation and recovery

VISION

To provide access to any individual or group seeking client-centered Occupational Therapy services

VALUES

HLOT is committed to:

- Educate our community on the benefits of Occupational Therapy
- Consistently provide high-quality Occupational Therapy services
- Advocate for individuals and groups with disabilities
- Collaborate with community partners to pursue positive societal change
- Improve diversity in the field of Occupational Therapy by providing equitable opportunities.





What is Occupational Therapy?

Occupational Therapy aims to improve a client's overall **functioning, participation** in activities, and **quality of life**.

An Occupational Therapist (OT) assesses the client and collaborates with them in order to establish **functional goals** and address the client's **occupational performance issues** which impact their functioning and participation.

OT intervention can target the client themselves, the client's environment and/or the activity being performed.

MEET OUR TEAM



Imran Juma, MSc OT

Occupational Therapist/Clinical Lead

Imran has been working as an OT over the past 10 years in direct clinical roles. He has worked in a variety of inpatient, outpatient, and private settings focused on improving clients' mental health. He has a plethora of experience in different treatment and counselling modalities including Cognitive Behavioural Therapy, Dialectical Behavioural Therapy, Mindfulness, and Motivational Interviewing. He is an advocate for improving mental health awareness, and breaking down stigma which has led him to be a national speaker with the Mental Health Commission of Canada.



Shabina Ramji, MSc OT

Occupational Therapist

Shabina has been an OT since November 2014. She has worked in inpatient mental health, acute care units including medicine and surgery, and was involved in implementing rehabilitation services within the emergency department. She has worked in a community mental health clinic for older adults, and a mental health outreach clinic working with individuals experiencing homelessness. Prior to pursuing occupational therapy, she worked as a registered nurse primarily in inpatient mental health.

MEET OUR TEAM



Anusha Metapalli, MSc OT

Occupational Therapist

Anusha has 7 years of clinical experience working as an Occupational Therapist and has worked in a variety of settings such as acute care hospitals, outpatient clinics, mental health facilities, pediatric clinics, and continuing care centres for older adults. She has experience working with a multitude of diagnoses and has a primary interest in those related to neuro-rehabilitation especially adults with stroke. Anusha is also fluent in four South-Indian languages including Tamil, Telugu, Malayalam, and Kannada besides Hindi.



Jessie Fung, MSc OT

Occupational Therapist

Jessie is a registered Occupational Therapist committed to promoting positive physical and mental well-being. Her work is guided by a trauma-informed lens, as well as a holistic and client-centred approach. Understanding that recovery is never linear, she enjoys collaborating with clients to develop meaningful goals to enhance their ability to thrive in daily functioning. She is passionate about advocating for equal opportunities for community participation and enjoys problem-solving to break barriers to occupational engagement.

MEET OUR TEAM



Poonam Dhaliwal, MSc OT

Occupational Therapist

Poonam has been an Occupational Therapist since 2020. Her journey in occupational therapy began in long-term care, where she specialized in managing complex behaviours while fostering independence and well-being among residents. Transitioning to community mental health, she further honed her skills in mental health, recognizing the unique needs of adults and implementing tailored interventions to help them return to their meaningful activities.



Cory Byrgesen

Rehabilitation Assistant

Cory is currently facilitating rehabilitation assistant treatment (under OT supervision) for clients who are recovering from traumatic brain injuries. She helps support clients engage in meaningful activities, improve their mobility, cognitive skills and overall independence. Cory has gained valuable student experience as a physical therapy assistant, recreation aide, occupational therapy assistant, and educational assistant. Cory recognizes the crucial role of promoting independence and supporting individuals in achieving success in any capacity.



CONTACT US

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SOCIAL MEDIA

 Higher Level Occupational Therapy

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