

Career Profile REHABILITATION ASSISTANT

What is a Rehabilitation Assistant? – Career Description/Scope

Rehabilitation Assistants (RA's), also referred to as Occupational Therapist Assistants (OTA) or Physiotherapist Assistants (PTA), are unregulated health professionals work under the direction and supervision of an Occupational Therapist and/or Physiotherapist to improve patient's physical and mental functioning, as well as quality of life.

In Canada Rehabilitation Assistants are not allowed to assess patients but are involved in the delivery of the treatment plans established by the Physiotherapist and/or Occupational Therapist.

Common areas of practice include: Acute Care Hospitals, Rehabilitation Hospitals, Children's Rehabilitation Centers, Community Care (Home Care), Convalescent Care Facilities, Private Physiotherapy Clinics, Long Term Care Facilities, Seniors' Residences, Mental Health and Schools.

Rehabilitation Assistants are members of an Unregulated Health Profession in Ontario.

Education Requirements to Work in Ontario

- 2 year full time diploma in an accredited rehabilitation assistant program
- Curriculum includes classes and placements
- Graduate with an Ontario College Diploma as an Occupational Therapist Assistant / Physiotherapist Assistant
- In Ontario, there are several colleges that offer this program, including Niagara, Mohawk, Humber, Conestoga, Sault, Durham, Fleming, Ottawa, St Clair, Georgian, Sudbury, Canadore and Algonquin

Rehabilitation Assistant Practice Requirements

- Voluntary membership in the Canadian Association of Occupational Therapists (CAOT) and/or the National Physiotherapist Assistant Assembly (NPAA) of the Canadian Physiotherapy Association

How does a Rehabilitation Assistant Practice at TBRHSC?

- Receives direction from and is supervised by Occupational Therapists and/or Physiotherapists for the provision of treatment and other patient care services as directed by professional practice guidelines
- Reports and is accountable to the Manager of Rehabilitation
- Maintains ongoing communication with all members of the Rehabilitation Department

What does a Rehabilitation Assistant Do?

- Provides aspects of treatment (individualized or group) as assigned by Occupational Therapists or Physiotherapists including:
 - Activities of daily living (ie. self care, feeding, dressing, meal preparation, etc.)
 - Mobility, transfers
 - Cognitive / perceptual / remedial activities, communication skills, modalities and exercise programs
 - Crutch walking instruction
 - Provision of ongoing education of patients, family members and other hospital staff
 - Assists in fabricating and / or fitting assistive devices, adaptive clothing, splints etc. for patient use
- Reports patient's progress to therapist
- Assists department with administrative duties as required
- Completes workload statistics

Web Resources

- Ontario Colleges Information Page www.ontariocolleges.ca
- College of Physiotherapists of Ontario Standard – Physiotherapists Working with Physiotherapist Support Personnel
www.collegept.org/Assets/website/registrants/guideenglish/standards_framework/standards_practice_guides/StandardPhysiotherapistWorkingPhysiotherapistSupportPersonnel.pdf
- College of Occupational Therapists of Ontario Practice Guideline – Support Personnel
www.coto.org/pdf/p_g_eng.pdf
- Occupational Therapist Assistant & Physiotherapist Assistant Education Accreditation Program <http://otapta.ca/english/index.php>