

Return to Work Post-Stroke

Objectives

By the end of this session, participants will:

1. Understand how to assess, treat and make recommendations for patients with the goal of returning to work.
2. Strengthen their knowledge and skills in workplace reintegration, including preparing patients for return to work, navigating workplace accommodations, and supporting patients who are unable to return to work.
3. Increase their understanding of the return to work landscape, including government support programs, workplace accommodations, different work environments and community resources.

Target Audience

Priority will be given to Occupational Therapists and Social Workers working in stroke care in Toronto.

Date and Location

Date: Monday, February 23rd and Tuesday, February 24th 2026

Time: 8:30 AM- 4:00 PM

Location: Toronto Rehab, 550 University Avenue, Toronto ON M5G 2A2, Auditorium (Rm: 2-014)

Attendance: Participants are required to attend both days



Featured Speaker



Zoe Fallis OT Reg. (Ont.) is an Occupational Therapist dedicated to helping people return to work following acquired brain injury (ABI). For the past 13 years, she's worked within the ABI field both in inpatient and outpatient therapy at Toronto Rehab and now at the Ontario Brain Injury Association (OBIA) with the Return to Work Team. Zoe has shared her knowledge as a guest lecturer at University of Toronto within the Department of Occupational Science and Occupational Therapy and as a clinical preceptor training future Occupational Therapists.

The Ontario Brain Injury Association (OBIA) is a charitable organization supporting individuals living with acquired brain injury (ABI). OBIA offers education, advocacy, peer support, and professional training. It also connects individuals to local brain injury associations and resources across Ontario. Learn more at www.obia.ca.

Seats are limited- Sign-up now!

| Time | Topic |
|------------------|---|
| 8:15 - 8:30 AM | Registration |
| 8:30 - 8:45 AM | Welcome, Introductions & Review of Schedule |
| 8:45 - 9:15 AM | Overview of Returning to Work- Research |
| 9:15 - 9:45 AM | Overview of Returning to Work- Practice |
| 9:45 - 10:30 AM | Stroke Best Practice Guidelines on Assessment and Treatment |
| 10:30 - 10:45 AM | Break |
| 10:45 - 11:30 AM | Navigating Uncertainty as a Clinician |
| 11:30 - 12:15 | Preparing Patients to Return to Work |
| 12:15- 1:00 PM | Lunch |
| 1:00 - 1:30 PM | Emotional Symptoms after Stroke and Stress Management |
| 1:30 - 2:15 PM | Activity 1: Assessing and Treating Patients to Return to Work |
| 2:15 - 2:30 PM | Break |
| 2:30 - 3:30 PM | Activity 1: Presentation |
| 3:30 - 3:45 PM | Impact of Intersection on Return to Work |
| 3:45 - 4:00 PM | Day 1 Summary, Questions and Comments |

Note: Agenda and Speakers are subject to change without notice

Contact jaclyn.gilpin@uhn.ca for questions

| Time | Topic |
|---------------------|---|
| 8:00 - 8:15 AM | Registration |
| 8:15 - 8:30 AM | Welcome Back, Questions and Comments |
| 8:30 - 8:45 AM | Employer Perspectives |
| 8:45 - 9:30 AM | Return to Work Reports: Components |
| 9:30 - 10:30 AM | Return to Work Reports: Process |
| 10:30 - 10:45 AM | Break |
| 10:45 AM - 12:00 PM | Activity 2: Writing Return to Work Reports and Presentation |
| 12:00- 12:45 PM | Lunch |
| 12:45 - 1:00 PM | Question Period |
| 1:00 - 2:00 PM | Supporting Patients who are Unable to Return to Work |
| 2:00 - 2:30 | Activity 3: Navigating Conversations with Patients who are Unable to Return to Work |
| 2:30 - 2:45 PM | Break |
| 2:45 - 3:15 PM | Additional Resources |
| 3:15 - 3:30PM | Day 1 and 2 Summary |
| 3:30 - 4:00 PM | Question Period and Evaluation |

Note: Agenda and Speakers are subject to change without notice

Contact jaclyn.gilpin@uhn.ca for questions