



## KNES 441/443/445 – PRACTICUM COURSE

**Practicum Position Title:** Rehabilitation Aid

**# of Positions Available:** 1 or 2 per semester (depending on student's availability/schedule)

**Agency Description:** Association for the Rehabilitation of the Brain Injured (ARBI) is a community based non-profit organization providing rehabilitation programming to individuals with moderate to severe acquired brain injury including strokes. Individualized rehabilitation programs are developed by professional therapists (physiotherapy, occupational therapy and speech-language pathology) and implemented by volunteers and practicum students under the supervision of our staff after an extensive training period.

**Location:** 3412 Spruce Dr. SW, Calgary

**Required Hours:** 60-72 hours – evenly distributed throughout term

- 5-6 hours per week (fall and winter)

**Academic Session:** Fall or Winter terms only

**Specified Schedule:** To be determined with practicum student

### **Duties/Responsibilities:**

After extensive training and with on-going support from ARBI staff, students will be trained to implement an established 1:1 rehabilitation program. Duties and programs will reflect the specific client's needs and abilities.

The majority of the clients' programs will include physiotherapy, occupational therapy and speech-language pathology. However each of the disciplines will be individualized to the clients' needs and not all clients have all 3 disciplines in their program. Placement is based on the student's academic goals whenever possible as well as the student's availability.

Implementation of a rehabilitation program is based on the individual student's availability/schedule. Not all of the below bullet points will be included in each placement. Students must specify their specific interests during the interview process and coordinate an applicable working schedule in order to ensure satisfaction during placement

Duties may include:

- Instruction provided in transferring techniques. This can be training on weight-bearing transfers or on the use of specific mechanical lifts. Staff support given for client transfers will vary greatly depending on client abilities.
- Students will be trained to implement a 2.5 hour rehabilitation session which will include components of physiotherapy, occupational therapy and speech-language pathology in a program designed for a specific client.
- Physiotherapy training may include: specialized equipment such as tilt table, Nustep, Motomed. It may also include exercises to address strength training, coordination, speed of movement, weight-bearing and assisted walking. After training, some exercises will be carried out independently by the student and other exercises will be carried out with staff.
- Occupational therapy training may include specialized equipment such as SaeboFlex or SaeboMas, It may also include exercises to address coordination, speed, initiation of active movement and memory.
- Speech-language pathology exercises can include work on reading, writing, memory, auditory recall, word retrieval and speech clarity.
- Opportunities to assist with group rehabilitation programming (dependent on student's academic schedule). Under the supervision of ARBI staff, the student will assist in guiding an exercise group. Exercises are all done in wheelchairs and consist of various stretches and range of motion. Depending on the student's goals, training can lead up to planning and leading one or more sessions (under the guidance of staff).
- Attend/observe client assessments, therapist meetings, team meetings and staff meetings. Opportunities will vary depending on the student's schedule as well as previously established/organized activities. This is intended as an opportunity for the student to observe various professional practices.
- Provide supervision/support during client arrival and departure times. Including welcoming clients at arrival before rehabilitation aides arrive to start program. Assist with removal of outer wear, repositioning in wheelchair (if needed) and address concerns (if needed). Assist in supervision/support of clients while waiting for transportation (Handi-bus) after program (dependent on student's academic schedule). Appropriate training will be provided and ARBI staff are available during these times.

**Student Qualifications:**

**KNES 367** – Adapted Physical Activity required

**KNES 373** – Exercise Physiology required

**On-Site Supervisor: (\*see below)**

Wendy Daitch, Volunteer Program Leader

3412 Spruce Dr. SW

Direct Line: 403-217-4591

Email: [wendy@arbi.ca](mailto:wendy@arbi.ca)

\*After schedule is determined supervision will be transferred to one front line program staff who will then act as the on-site supervisor.