



Health Therapy Services

Health Therapy Services includes occupational therapy (OT), physiotherapy (PT) and speech language pathology (S-LP). Our OT, PT and S-LP team work in Rankin Inlet, Nunavut in the Wellness Center, and travel to all the communities in the Kivalliq region to provide regular services. Telehealth is also available between community visits. The community of Sanikiluaq receives services from therapists based in Winnipeg.

We are part of the community health care team, striving to provide accessible and culturally relevant services to Nunavummiut. OTs, PTs, and SLPs work with clients of all ages in health centers, homes, and workplaces to determine their strengths, problems, and goals, and develop services that meet their needs.

Services include:

- Occupational therapy
- Physiotherapy
- Speech language pathology

OT, PT and S-LP services are provided in partnership with the Government of Nunavut by Ongomiizwin Health Services Inuit Health Program, at the University of Manitoba's Indigenous Institute of Health and Healing. Ongomiizwin means "clearing a path for generations to come".

Occupational therapy

Occupational therapists help to solve the problems that interfere with a person's ability to do the things that are important to them. Everyday things like:

- self-care – getting dressed, eating, moving around the house
- being productive – going to work or school, participating in the community, and
- leisure activities – sports, sewing, hunting, social activities.

An OT will try to find out why a client cannot do what they would like or need to do and can help overcome a disability or barrier by adapting materials and recommending changes to the environments for everyday activities.

Physiotherapy

Physical therapists assist people to restore, maintain and maximize their strength, function, movement, and overall well-being to be involved in activities that are important to them. PTs help clients:

- become stronger and more flexible
- increase movement and mobility
- breathe easier
- reduce pain
- stay active
- prevent injury

A PT will use a movement-based assessment to try to determine why a person is experiencing a change in their physical function. PTs will use hands-on techniques, exercise, education and self-management strategies to help people overcome their limitations.

Speech language pathology

Speech language pathologists have expertise in communication and swallowing problems. They can help clients having difficulties with:

- English and Inuktitut speech and language delays and disorders
 - fluency (stuttering)
 - communication
 - voice and resonance
 - swallowing and feeding
 - pre-literacy and literacy skills (phonological awareness, reading and writing)
-

Contact

Wellness Centre, Rankin Inlet
Telephone: (867) 645-8077
Fax: (867) 645-8079
Website: umanitoba.ca/ongomiizwin/health-services

To see an OT, PT, or S-LP, please call the Wellness Centre in Rankin Inlet or ask your local health care provider in your community. Primary health care providers can give patients OT, PT, S-LP contact information, encouraging them to call us to book an appointment, as well as send in a referral in the electronic health system. Health providers from out of territory can send referrals by fax.