

JANINE DI MARCO, MOT

EDUCATION

- Master of Occupational Therapy, **University of British Columbia**, 2023
- Bachelor of Arts – Health Sciences, **Simon Fraser University**, 2021

PROFESSIONAL DEVELOPMENT/TRAINING

- Rewiring the mind-body connection: Harnessing neuroplasticity and nervous system regulation in occupational therapy, Zara Dureno, September 2026
- Prolonged Exposure Therapy for PTSD (PE) Center for Deployment Psychology, June 2026
- Pain BC Moving Through Pain Course, H. Daudt, February 2026
- Introduction to Dialectical Behaviour Therapy for Occupational Therapy Professionals Course, L. Diamond-Burchuk, February 2026
- Cognitive Behavioural Therapy: Level 1 for Occupational Therapy, G.Hirano, January 2026
- Acceptance and Commitment Therapy: Practical Applications in Occupational therapy Practice, G. Hirano, December 2025
- Beginner Splinting Course, R. Mak, November 2025
- Canadian Institute for Health Information FIM Instrument Proficiency Program, R. Goodall-Copestake, August 2025
- Building Bridges Motivational Interviewing Workshop, Vancouver Coastal Health, May 2025
- Educator Pathway Level 1: Foundational Skills for Supporting Students and New Staff Program, Vancouver Coastal Health, March 2025
- Pressure Injury Prevention (OT Foundations) Online Course, Provincial Health Services Authority, September 2024
- Basic Adaptations for Safety at Home Online Course, Island Health, November 2023
- Fall and Injury Prevention (OT Foundations) Online Course, Vancouver Coastal Health, November 2023
- Cognition (OT Foundations) Online Course, Vancouver Coastal Health, November 2023
- Paving the Path Forward: Capstone Conference Presenter, University of British Columbia, July 2023
- Ergonomics: Practice Skills and Therapeutic Procedures Workshop, M. Kyi, June 2023
- Vocational Rehabilitation Practice Skills and Therapeutic Procedures Course, M. Sandhu, October 2022
- Applied Suicide Intervention Skills Training (ASIST), LivingWorks, September 2022
- Advanced Psychosocial Workshop, S. Barbic, September 2022
- Assistive Technology and Wheelchair Skills Bootcamp, B. Miller, September 2022
- Splinting and Biomechanical Principles Lecture, M. Metzger, February 2022
- Montreal Cognitive Assessment (MoCA) Administration & Scoring Certification, MoCA Cognition, February 2022

RELEVANT WORK EXPERIENCE

Vancouver General Hospital, Acute Orthopedics & Trauma, August 2025-January 2026

- Early mobilization
- Splinting
- ADL re-training

- Adaptive techniques

Vancouver General Hospital, Acute Medicine, October 2023-August 2025

- Complex discharge planning
- Community transitions
- Transfer assessments and education
- Ageing in place and palliative care
- Equipment and support recommendations

GF Strong Rehabilitation Centre, Inpatient Neurological Rehabilitation, January 2024-June 2024

- Physical, cognitive, visual-perceptual, and functional assessments
- Goal setting and treatment planning
- Upper-limb recovery
- Functional task practice
- Cognitive rehabilitation
- Wheelchair prescription
- Home assessments

University of British Columbia, Student Occupational Therapist Various, January 2022-May 2023

- Driver education and rehabilitation
- Pain management
- Gradual return to work planning
- Ergonomic assessments and interventions
- Mental health groups
- Hospital discharge planning

DEMONSTRATED COMPETENCIES

Community Occupational Therapy & Customized Recovery and Return to Work Services

- Proficient in hospital discharge planning, home assessment, and prescription of equipment and services to support transitions back to community
- Experience completing comprehensive physical, cognitive, visual-perceptual, and functional assessments to identify barriers
- Able to perform ergonomic assessments and provide recommendations to optimize workplace safety and function
- Experience providing task modifications, assistive devices, and remedial strategies to increase independence with ADLs
- Frequently collaborates with interdisciplinary team to address functional goals
- Experience providing energy conservation strategies among others to assist with pain management
- Able to utilize evidence-based mental health interventions including ACT, CBT, DBT approaches to support recovery
- Completes reports for clinical and interdisciplinary audiences
- Experience providing family and client education across acute, neurological, and community settings