

The goal of **Occupational Therapy** is to enable people to participate in the occupations that give meaning and purpose to their lives. Occupations include everything that people do during the course of everyday life. Occupational Therapists may help people to learn skills, or to make changes to their occupations and the environment, to improve success and satisfaction.

**Community Therapy Services Inc. (CTS)** is a private, non-profit Agency which provides Occupational Therapy and Physiotherapy Services to meet the rehabilitation needs of individuals, care providers, and care organizations in Manitoba. The focus of our services is to enhance the quality of life and optimize the health and independence of our clients by providing direct services, consultation and education.

#### *Accessing Services:*

An application for Occupational Therapy services can be made by the client, with assistance from other service providers (eg Community Mental Health Workers, Physicians, etc.) as needed.

Individuals making an application for services may be asked to provide a reference from a health care professional.

*SCIL* is funded by the Winnipeg Regional Health Authority. There is no cost to the client for Occupational Therapy services provided through *SCIL*.

For information please contact:

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Community Therapy  
Services

Winnipeg Region

*Support & Consultation  
for  
Independent Living*

*SCIL*

*Skills for the Job of Living*



### *What is SCIL?*

- ◆ *Support & Consultation for Independent Living (SCIL)* is a community mental health program offered by Community Therapy Services
- ◆ *SCIL* offers recovery-oriented client-centred rehabilitation services with a focus on successful independent community living
- ◆ *SCIL Occupational Therapists* work in consultation and communication with Community Mental Health Workers, Physicians, and other mental health-care service providers, in accordance with PHIA guidelines

### *Who we serve:*

- ◆ *SCIL Occupational Therapists* work with adults who are recovering from serious mental illness and are experiencing significant functional difficulties in community living
- ◆ Clients may have identified problem areas that interfere with success & / or satisfaction in their current living environment
- ◆ Clients may need / want to move, and may benefit from assessment and recommendations to optimize successful functioning in a new living environment

### *Services available:*

- ◆ Occupational Therapists may provide assessment, consultation and short-term intervention
- ◆ Therapists work in partnership with clients to identify occupational performance problems related to successful community living
- ◆ Therapists make recommendations and assist clients in making plans or setting realistic goals to address concerns

managing money menu planning cooking shopping housekeeping  
personal care laundry managing medications safety  
using public transit community access daily routines isolation