**OCCUPATIONAL THERAPY**

**IN-HOME ASSESSMENT**

| **Client Name:** Ms. Christina Pasqua **Date of Loss:** 2016-08-08  **Address:** 20 Laming Street, Ottawa, ON  K2J 1V1  **Telephone #:** 613-983-6099 |
| --- |
| **Lawyer:** Frank McNally **Firm:** McNally Gervan **Adjuster:** Ian Christie **Insurer:** Jevco Insurance Company **Claim No.:** 5030704357 |
| **Therapist:** Sebastien Ferland OT Reg.(Ont.) **Date of Assessment:** 2021-03-18 **Date of Report:** 2021-03-31 |

**THERAPIST QUALIFICATIONS:**

Sebastien is an Occupational Therapist with over 22 years of experience. His professional practice began in 1998 when he graduated Magna Cum Laude from the University of Ottawa and launched himself in the world of private business. Over the years, Sebastien has provided services to the automobile insurance and legal communities as well the WSIB, Veterans Affairs and the Long

Term Disability sector.

Sebastien has extensive experience working with individuals suffering from catastrophic injuries. He provides assessment and treatment services as a primary Occupational Therapist as well as a Case Manager for individuals who sustained traumatic brain injuries, spinal cord injuries and amputations. He also has extensive experience working with individuals who have been deemed to meet the catastrophic threshold on the basis of psychological and/or psychiatric impairments.

Over his years of working with individuals injured in motor vehicle accidents, Sebastien developed a strong interest in the field of mental health, focussed on functional reactivation for injured individuals suffering from depression, anxiety and posttraumatic stress. His clinical acumen has led him to be qualified as an Expert in his field by the Ontario Superior Court of Justice.

672 Everlasting Crescent P: (613) 204-1549 Ottawa, ON K4A 0K4 F: (888) 871-1549 ferland@ferlandassociates.com

**Date of Report: 2021-03-31**

**PURPOSE OF REFERRAL:**

Ms. Pasqua was referred to Ferland & Associates Rehabilitation Inc. by her legal representative Mr. Frank McNally of McNally Gervan law firm. The referral was for the introduction of Occupational Therapy services to assist Ms. Pasqua in addressing the significant deterioration in function as a result of psychological struggles subsequent to her husband’s involvement in two motor vehicle accidents in 2016 and 2017. An OCF18 was submitted for this assessment following a screening assessment with Ms. Pasqua and a conversation with her insurance adjuster Mr. Ian Christie. The OCF18 was approved in full for the completion of this In-Home Assessment.

**SUMMARY OF FINDINGS:**

Ms. Pasqua is a 31 year-old mother of two young children whose husband was involved in two motor vehicle accidents on August 8, 2016 and May 19, 2017. Following these two motor vehicle accidents, Ms. Pasqua describes changes in her husband’s personality and behaviours which have a significant impact on her own mental health. She describes issues with verbal aggression and a general sense of detachment within the couple which has led her to experience severe symptoms of depression and anxiety.

Prior to the subject motor vehicle accidents, Ms. Pasqua describes herself as functioning well in all aspects of her life. She was engaged in managing the family home, preparing meals for her family, and caring for her child (the second being born after the subject MVAs). She reports a healthy relationship with her husband and a number of close friendships. She was physically active and reported no significant pre-existing medical issues. She notes having been diagnosed with a learning disability as a child, having only begun speaking at age 3. She went on to complete most of her high school credits and reports having completed an aesthetician certificate.

At the time of this assessment, Ms. Pasqua presented with a high degree of functional deactivation. She rarely leaves the home and noted severe anxiety when outside her home. She avoids eye contact when out in public and experiences severe anxiety when riding as a passenger in a vehicle. She now rarely drives and when she does it is only for short distances, with severe levels of anxiety. She noted that she fears having a panic attack while behind the wheel. Ms. Pasqua and this therapist took a short walk to the mailbox located 200 meters from her home which produced a severe anxiety response requiring this therapist to intervene with a guided breathing exercise. While at home, Ms. Pasqua noted that she does little in the way of contributing to the management of the home. She rarely cleans, noting that she spends her days “on autopilot”. She will spend most of the day sitting on the couch “zoned-out” in front of the television watching children’s shows while her two children play in the living room. She rarely prepares meals for her family and reported a sense of immense guilt at her inability to do more for her family. Ms. Pasqua noted a significant decreased in her overall self-care including decreased grooming and infrequent showering. She has been avoiding contact with close friends and has become highly socially isolated. She noted that her friends have become upset at her lack of responsiveness to texts and emails.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 2 of 14**

**Date of Report: 2021-03-31**

Ms. Pasqua would greatly benefit from the introduction of Occupational Therapy to deliver a comprehensive Functional Reactivation Program. She requires professional support of an OT in tandem with her treating psychologist to effect substantial change to her level of function. The program will be guided with a progressive structure of functional goals which will be client driven and focussed on assisting Ms. Pasqua in gradually re-integrating aspects of pre-accident function to her day to day activities.

**RECOMMENDATIONS:**

**Attendant Care:**

Based on this assessment, Ms. Pasqua is currently not in need of Attendant Care for the management of her core daily self-care functions. No Form 1 has been completed at this time.

**Housekeeping:**

While Ms. Pasqua is physically able to engage in housekeeping activities, her mental health has severely impacted her ability to engage in pre-accident housekeeping tasks as a result of lack of motivation, low energy levels and severe anxiety. She would at this time benefit from ?? hours per week of housekeeping assistance to help manage those housekeeping functions she is no

longer performing.

**Assistive Devices:**

There are no assistive devices currently indicated to further Ms. Pasqua’s functional recovery at this time.

**Further Occupational Therapy Interventions:**

Ms. Pasqua would benefit from Occupational Therapy treatment at this time as indicated above. The proposed service delivery model will be a Functional Reactivation Program aimed at promoting a gradual return to pre-accident activities and fostering improvements in her overall mental health symptoms.

**Referral for Other Services:**

There are no referrals indicated at this time.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 3 of 14**

**Date of Report: 2021-03-31**

**INFORMED CONSENT STATEMENT:**

This therapist has reviewed issues related to consent as per the requirements outlined by the College of Occupational Therapists of Ontario:

• An occupational therapy assessment is to be conducted by this therapist, a registered occupational therapist with the College of Occupational Therapists of Ontario (COTO). • The assessment has been requested by her legal representative Frank McNally of McNally Gervan Law Firm.

• The purpose of this assessment is to assess Ms. Pasqua’s current functional status as it relates to the ability to complete the reported pre-accident activities of daily living. • The proposed assessment will include: an interview, a physical assessment and also

observations of the ability to complete functional tasks within and around the home as well as education on safe means of completing activities of daily living if required. • Due to the physical nature of the assessment, pain and fatigue are possible temporary side effects.

• Recommendations may be provided at the conclusion of the assessment. These recommendations may include:

o Occupational Therapy Treatment

o Assistive Devices

o Referral to other practitioners

o Support services

• A submission for funding will be submitted to the insurer for any goods and/or services on an OCF18 – Assessment and Treatment Plan. The insurer may approve or deny the plan (in part or in whole). Should a denial or partial denial occur, an independent examination by another Occupational Therapist may be requested by the insurer. This may be an in

person assessment or a remote paper-review assessment. Funding for the requested goods and/or services may ultimately be declined.

• Ms. Pasqua may choose to participate or decline any or all of the proposed assessment. • A report documenting this assessment will be completed and copies will be provided to the following parties via secure transmission (fax or encrypted email attachment): - Frank McNally, McNally Gervan Law Firm

- Jevco Insurance Company, c/o Ian Christie

Following this therapist’s explanation Ms. Pasqua granted informed consent for this therapist to proceed with the assessment and any subsequent interventions.

**DOCUMENTATION REVIEWED:**

The following documents were reviewed prior to completing this In-Home Assessment, provided to this therapist by Ms. Pasqua’s legal representative:

• IME: Psychology Assessment Report completed by Dr. G. Gerber dated February 7, 2020 re: OCF-18 of Dr. N. Rossy

• Psychological Assessment Report completed by Dr. K. Payne dated September 11, 2019

• Psychological Assessment - Addendum Report completed by Dr. K. Payne dated September 27, 2019

• Psychological Progress Report dated October 5, 2020

**PRE-ACCIDENT MEDICAL HISTORY:**

Was in a bad relationship 10 years ago with reports of physical and emotional abuse. She vaguely recalls speaking with someone for women’s services following conviction of her ex-partner. She notes that she took medication for a short period of time and returned to normal life afterwards. She continued to work throughout this episode.

**COURSE OF EVENTS:**

On August 8, 2016, Ms. Pasqua’s husband had his first motor vehicle accident. At the time, Ms. Pasqua noted that she worked at Chatters as a sales associate, in the process of being trained to become a sales manager. She notes that this first accident happened during her training period. She describes an incident following her husband’s accident where he came into the shop and got upset with her manager. There was a significant verbal altercation and Ms. Pasqua was subsequently et go from her position.

She returned to school following this episode at West-end Academy where she completed a Medical Aesthetician certificate (where she graduated with honours). She started working in this field in July of 2017. Her husband had a second MVA during her exams in April or May of that year. She started a job a few weeks after but only worked for a short period of time (3 months). She began deteriorating psychologically and eventually found herself unable to drive herself to work as a result of intense anxiety. She began experiencing anxiety when interacting with the public and this had a huge impact on her ability to do her job properly. She was let go as a result.

Her friend was a manager at Terra 20 and provided Ms. Pasqua with a job, working in the makeup and skin care department. She worked there under 4 months and went on maternity leave. Her husband was reportedly driving her to and from work everyday. She returned to work after her child turned 1 year of age.

She started working at Skins Dermacare afterwards performing aesthetician work. This was around May of 2019. She started driving again at that time with significant difficulty. She was anxious and arguing with her husband about getting to and from work but she persisted despite significant anxiety. She experienced profuse sweating, stuttering and severe anxiety. She would “mess up on files”. She noted this was her dream job and she tried to “push through the anxiety”. The workplace was only a few minutes away from her home and despite this, she struggled to drive to work. She and her husband would fight in the morning for 1 – 2 hours over this issue. She had one episode where she put the car in drive instead of reverse and had a serious panic attack. She called into work and was told to take some time off. She was let go two weeks later, within the three month probationary period.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 5 of 14**

**Date of Report: 2021-03-31**

She started medication but was having severe mood swings. She found out she was pregnant and stopped medication. She recalls a very difficult pregnancy from an emtotional perspective. She felt completely defeated. She recalls having a significant emotional distancing from her husband during that time. “We drifted apart”.

She notes a significant amount of fighting leading to couple’s therapy with Suzanne Duc, psychotherapist. She describes a pattern of her husband “exploding” and subsequently “shutting down” She stays on the couch, does not get dressed in day clothes, does not shower, or brush her teeth. She does not talk to anyone. She has two close girlfriends who have “known me forever” but she has not been replying to their texts or attempts for contact. She lost touch with them and with extended family members. She describes an intense sense of social isolation.

**DIAGNOSIS:**

* Based on a review of available medical documentation, Ms. Pasqua presents with the following diagnosis:
* • Major Depressive Disorder, Single Episode, Moderate, with anxious distress

**CURRENT MEDICAL/REHABILITATION TEAM:**

| **Health**  **Professional**  **Name and**  **Specialty** | **Date of Last**  **Appointment/ Frequency of appointments** | **Outcome of Last**  **Appointment** | **Date of Next**  **Appointment** |
| --- | --- | --- | --- |
| Dr. Cherinet Seid, GP | Last seen one week ago due to a benign growth in her throat. Seeing him every few months. | Prescribed another  medication.  Escitalopram 5mg just started again. Not been on meds since her last pregnancy. | TBD |
| Suzanne Duc,  Psychotherapist | Couple’s therapy being provided. Once weekly. Started in October of 2020. | Couple’s counselling provided. | Ongoing |
| Capital Region  Psychological  Services, various therapists,  Debbie-Lise  Swart currently providing care | Once weekly. Started  trauma work recently.  Awaiting approval of  additional sessions. | Had a bad reaction to initial trauma therapy leading to a “huge  blow-up with her  husband”. She notes that she had been  drinking and left the home. There were discussions about “who would take the kids”. | Ongoing |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 6 of 14**

**Date of Report: 2021-03-31**

|  |  | Her husband called  CAS leading to an  investigation. After consulting with her  psychotherapists, CAS closed the case.  Trauma work has been placed on hold as a  result of this situation. |  |
| --- | --- | --- | --- |

**MEDICATION:**

| **Medication Name** | **Dosage/Frequency** | **Purpose** |
| --- | --- | --- |
| Escitalopram | 5 mg with plan to increase to 10 mg. | Depression and anxiety |

**SUBJECTIVE INFORMATION (CLIENT REPORT):**

**Physical Symptoms:**

Pain symptoms are rated on an analog pain scale where 0 = no pain and 10 = intolerable pain*.*

| **Symptom/Complaint** | **Details** | **Pain Rating if**  **Necessary** |
| --- | --- | --- |
| Profuse sweating | Will have bouts of chills and intense nighttime sweating. Her bed will be wet when she wakes. | NA |
| Constipation | Has had constipation issues with bowel movements twice per week. | NA |
| Heart racing | Will have bouts of intense heart racing, feels her neck throbbing with heartbeat. | NA |
| Headaches | She has a headache “all the time” located in the frontal area of head. When they are bad, she “can’t think properly and will just lay there”. | 9/10 |
| Deconditioning | She has little energy and becomes winded when climbing stairs. She has not exercised in years and reports a high level of deconditioning as a result. | NA |

**Cognitive Symptoms:**

Ms. Pasqua provided the following account of changes in her cognition at the time of this assessment:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 7 of 14**

**Date of Report: 2021-03-31**

• Slowed cognitive processing

• Difficulty following a plot when watching a show or movie

• Unable to remember what she reads

• Difficulty problem solving

• Indecisive

• Multitasking difficulties

• Unable to follow simple recipes from “Chef’s Plate” meal kit

**Emotional Symptoms:**

When questioned about her emotional state, Ms. Pasqua provided the following account of her psychological status:

• Sad all the time

• Cries almost every day

• Feels on edge of crying most times

• Loss of motivation

• Loss of interest in activities she used to enjoy

• Loss of libido

• Suicidal thoughts but no plan

**Symptom Management Strategies:**

At this juncture, Ms. Pasqua has little in the way of strategies to manage her overall psychological condition. She has for all intents and purposes “shut down” and going through the motions of managing the core needs of her children. She spends hours ruminating and requires support to develop healthier symptom management strategies.

**Typical Day Post-Accident:**

• Wakes early (around 4am), tired and mind starts racing

• Will get up when “I have to”, referring to when her children wake

• Changes diapers

• Comes downstairs, makes breakfast and “sits in my seat”

• Zones out in front of the television, watching kids shows

• Will be on “autopilot” (picking up toys/clutter, snacks, laundry, etc.)

• Will sometimes prepare supper but her husband does most of it

• Bathtime shared with her husband since he has been off work

• They will divide and conquer bedtime, each taking one child to bed

• Will go to bed at 8pm

• Wakes every 2 hours, struggles every time to go back to sleep, mind racing

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 8 of 14**

**Date of Report: 2021-03-31**

**OBJECTIVE INFORMATION:**

**Postural Tolerances:**

| **Activity** | **Client Self-Report**  **Pre-Accident** | **Client Self-Report**  **Post-Accident** | **Therapist Observation** |
| --- | --- | --- | --- |
| **1. Lying** | No identified limitation | No identified limitation | No lying posture observed by this therapist. |
| **2. Sitting** | No identified limitation | No identified limitation | Periods of 45 – 60 minutes of sitting observed by this therapist. |
| **3. Standing** | No identified limitation | No identified limitation | Short periods of static and dynamic standing observed by this therapist. |
| **4. Squatting** | No identified limitation | No identified limitation | One power squat demonstrated by Ms. Pasqua during this assessment. |
| **5. Kneeling** | No identified limitation | No identified limitation | One bilateral kneeling posture observed by this therapist during this assessment. |
| **6. Walking** | No identified limitation | No identified limitation | 200 meters of outdoor walking observed. Ms. Pasqua experienced a severe anxiety response during this  exercise requiring that this therapist intervene with a guided breathing exercise to quell her symptoms. |
| **7. Stair**  **Climbing** | No identified limitation | No identified limitation | One flight of stairs managed by Ms. Pasqua. |
| **8. Driving** | No identified limitation | Unable to drive without experiencing severe anxiety. Avoids driving due to fear of panic attacks. Riding as a passenger is a difficult experience and she avoids this as well. | Not formally assessed. |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 9 of 14**

**Date of Report: 2021-03-31**

**Functional Transfers and Mobility:**

| **Activity** | **Client Self-Report**  **Pre-Accident** | **Client Self-Report**  **Post-Accident** | **Therapist Observation** |
| --- | --- | --- | --- |
| **1. Chair** | Independent | Independent | No identified limitations. |
| **2. Bed** | Independent | Independent | No identified limitations. |
| **3. Toilet** | Independent | Independent | No identified limitations. |
| **4. Bath tub** | Independent | Independent | No identified limitations. |
| **5. Vehicle** | Independent | Independent | No identified limitations. |

**Active Range of Motion:**

| **Legend:**  WFL: Within Functional Limits  %: approximate percentage of normal range  Nominal: less than 25% range | | | | |
| --- | --- | --- | --- | --- |
| **Movement** | | **Right** | **Left** | **Comments** |
| **Neck** | Forward flexion | WFL | | No identified limitations. |
| Lateral flexion | WFL | WFL |
| Rotation | WFL | WFL |
| Extension | WFL | |
| **Shoulder** | Flexion | WFL | WFL | No identified limitations. |
| Extension | WFL | WFL |
| Abduction | WFL | WFL |
| Adduction | WFL | WFL |
| Internal rotation | WFL | WFL  WFL |

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 10 of 14**

**Date of Report: 2021-03-31**

|  | External rotation | WFL | WFL |  |
| --- | --- | --- | --- | --- |
| **Elbow** | Flexion | WFL | WFL | No identified limitations. |
| Extension | WFL | WFL |
| **Wrist** | Flexion | WFL | WFL | No identified limitations. |
| Extension | WFL | WFL |
| Supination | WFL | WFL |
| Pronation | WFL | WFL |
| **Trunk** | Forward flexion | WFL | | No identified limitations. |
| Lateral flexion | WFL | WFL |
| Rotation | WFL | WFL |
| **Hip** | Flexion | WFL | WFL | No identified limitations. |
| Extension | WFL | WFL |
| **Knee** | Flexion | WFL | WFL | No identified limitations. |
| Extension | WFL | WFL |
| **Ankle** | Dorsiflexion | WFL | WFL | No identified limitations. |
| Plantar flexion | WFL | WFL |

**Emotional Presentation:**

Ms. Pasqua presented with a significant level of emotional lability throughout this assessment. She became tearful on several occasions when discussing her situation and the guilt she experiences around her deteriorating levels of function. She presented as highly anxious at the onset of this assessment, her voice trembling, and her palm visibly sweaty. She calmed down after a period of time once rapport was established with this therapist. She was observed interacting with her children appropriately as well as requesting support from her husband to care for her youngest child as the assessment progressed. Her affect was somewhat flat when not tearful although she did respond positively and appropriately at attempts at humour by this therapist.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 11 of 14**

**Date of Report: 2021-03-31**

**Cognitive Presentation:**

Ms. Pasqua’s cognitive presentation was unremarkable. She was a good historian, providing information readily and participating actively in all aspects of this assessment. No gross cognitive deficits were noted during this assessment. Ms. Pasqua was able to sit through a 2-hour assessment without requiring a rest or displaying signs of cognitive fatigue.

**ENVIRONMENTAL ASSESSMENT:**

| **TYPE OF**  **DWELLING** | Two-story detached | | |
| --- | --- | --- | --- |
| **ROOMS** | **Qty** | **LOCATION/DESCRIPTION** | **FLOOR COVERING** |
| Bedrooms | 3 | Second floor | Laminate |
| Bathrooms | 3 | Two full on second one powder on main | Vinyl and tile |
| Living Room | 1 | Main floor | Laminate |
| Family Room | 0 | Main floor | Carpet |
| Dining Room | 1 | Main floor | Laminate |
| Kitchen | 1 | Main floor | Carpet |
| Laundry |  | Main floor | Carpet |
| Stairs | Yes | Steps leading to the second floor and basement of the home. | Carpet |
| Basement | Yes | Finished with gym | NA |
| Driveway  Description | Double car | | |
| Yard  description | Yard presents with decking and landscaping throughout with an in-ground pool. | | |

**LIVING ARRANGEMENTS/SOCIAL STATUS:**

| **Marital Status** | Married Single Common Law Other |
| --- | --- |
| **Living Arrangement** | Lives with husband and two young children |
| **Children** | Two children (1 and 3 years-old) |

**ACTIVITIES OF DAILY LIVING (Pre and Post Accident):**

**Pre and Post Accident Self-Care Activities:**

Ms. Pasqua noted that she had no issues managing her self-care prior to the subject motor vehicle accident. She describes a high level of pride in her appearance, engaging in daily showering and grooming. She would always dress in day clothes whether she left the home or not.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 12 of 14**

**Date of Report: 2021-03-31**

At the time of this assessment, Ms. Pasqua describes a significant decrease in the quality and frequency of her grooming tasks. She will often not shower for several days, forget to brush her teeth, stay in her pajamas for the entire day and generally not spend much time on her self-care functions. She is physically able to manage her self-care however is precluded to do so as a result of her significant psychological struggles.

**Pre and Post Accident Home Management Activities:**

Prior to the subject motor vehicle accident, Ms. Pasqua describes a traditional division of tasks with her husband where he would manage the outdoors of the home and home maintenance/repairs and she would manage the indoor upkeep of the home and prepare meals for the family. She was the primary caregiver for her child prior to delivering her second child in 2020.

At the time of this assessment, Ms. Pasqua noted that she has not been engaged in any form of regular upkeep of her home. She will clean at a decreased frequency when “things get really bad or if someone is coming”. She noted having cleaned the home prior to this therapist’s arrival. Upon touring the home, this therapist noted that the main living area had been cleaned however the rest of the home was in a state of clutter and generally unkept. Ms. Pasqua shared a high level of guilt over her lack of engagement in housekeeping tasks.

At this juncture, Ms. Pasqua would greatly benefit from an estimated 6 hours per week of housekeeping assistance to provide a once-over deep clean of her home. This need is based on the size of the home, the presence of two young children as well as a medium-sized dog.

**Pre and Post Accident Caregiving Activities:**

Ms. Pasqua noted that she is the primary caregiver for her two young children and would, have the accidents not occurred, have continued to manage the primary care for both children.

At the time of this assessment, Ms. Pasqua noted that she continues to provide for the core needs of both her children with support from her husband who is off work on disability at the time of this assessment. She does describe a decreased level of engagement in play with her children, utilizing television shows as a primary source of distraction and entertainment for her children. She does not take them out for walks, does not go to the park due to fears of “having to talk to someone”. Her husband will assist with bath time and the couple will share bedtime routines by “dividing and conquering”.

**Pre and Post Accident Leisure Activities:**

Prior to the subject motor vehicle accident, Ms. Pasqua noted that she participated in the following leisure activities:

• Gym two to three times weekly

• Shopping

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 13 of 14**

**Date of Report: 2021-03-31**

• Hanging-out with friends

• Walking her dog

At the time of this assessment, Ms. Pasqua noted that she has not resumed engagement in any of the leisure activities noted above. She has isolated herself in her home, no longer going to the gym or going for walks as a result of severe anxiety. She has grown distant from her friends, ignoring their attempts to reach-out to her. She noted having no meaningful activity which she participates in on a regular basis.

**CONTACT:**

This therapist may be contacted through the offices of FERLAND & ASSOCIATES REHABILITATION INC. at 613-204-1549 or by email at ferland@ferlandassociates.com .

Sincerely,

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sebastien Ferland OT Reg.(Ont)

Enclosed: NA

An electronic signature was used in order to assist with a timely report. The assessor is in agreement with the content of the report, and has provided authorization to utilize the electronic signature***.***

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Christina Pasqua Claim #: 5030704357 Page 14 of 14**