

# Occupational Rehabilitation Program (General or Comprehensive)

The CARF accredited Occupational Rehabilitation program is an individualized, goal-oriented program focused on return-to-work, and designed to minimize risk and optimize the work capability of the client. There are 2 streams of this program: **general and comprehensive**, dependent on individual client needs.

The rehabilitation team is tailored to meet the clinical, psychosocial and return to work needs of each client and can include: Physiotherapists, Occupational Therapists, Kinesiologists, and Rehabilitation Assistants collaboratively with each client to set rehabilitation goals and plan treatment.

The program starts with an assessment to determine the type of treatment needed as treatment is individualized to each client's barriers to return to work and their unique occupational needs. Treatment includes education, reassurance, an exercise program, activity and work simulation and a home-based program to allow clients to maintain the gains they make. Job specific education to prevent reoccurrence and increase return to work sustainability is provided as well as early return to work planning. In addition, if required psychological assessment and treatment may be added.

Clients, in collaboration with all relevant stakeholders, are encouraged to assume responsibility of their own health care plans.

## Program Features

- Return to work, outcomes focused and time-limited treatment
- Flexible scheduling and available in multiple communities across Ontario
- Care coordination. Referrals are reviewed in detail to ensure the unique needs of the client are understood and the right level of service provided (General versus Comprehensive)
- Regular communication with the referral source and other stakeholders (as needed) throughout the program
- Program Frequency and Duration – 3-5 times per week for up to approximately 10 weeks at the same time as starting or progressing a return to work plan

## Who can be referred?

- Clients over 14 years of age whose current functional abilities do not meet their pre-injury/condition physical and/or cognitive work/school demands
- Clients who have functional restrictions (physical and/or cognitive behavioural) to move from modified duties/hours to regular duties/hours at work or school and require rehabilitation to build their tolerances
- Clients whose rehabilitation needs are best met by a collaborative interdisciplinary team.

## Program Goals

- ✓ Thorough assessment at program outset followed by collaborative goal setting
- ✓ Address any impairments, limitations or restrictions through an active, evidenced-based treatment plan
- ✓ Increase client's understanding of injury/condition and improve knowledge and coping skills regarding increasing activity and participation
- ✓ Complete regular re-assessments of function to track progress toward rehabilitation goals and adjust treatment plan accordingly
- ✓ Recommendations are provided regarding any temporary or permanent restrictions
- ✓ Facilitation of a timely and safe return to function and to work where appropriate

## Quick Facts – 2020-21

- ➡ There were 508 Intake into the General stream & 541 into the Comprehensive stream
- ➡ The mean age of clients in the both streams was 45. 37% of clients identify as female in the general stream while 52% identify as female in the comprehensive stream
- ➡ 93% of clients in the General stream and 82% of clients in the Comprehensive stream had returned to work or were ready to return to work at discharge
- ➡ 91% of clients say they are satisfied with their treatment
- ➡ Of clients whom started treatment in the general stream, 26% were Lower Extremity, 43% Upper Extremity, 31% Back & Neck
- ➡ In the Comprehensive stream 54% of clients were seen for an head injury (eg. concussion), 25% for Back & Neck injuries, 13% for Upper Extremity Injuries and 8%

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