

OCCUPATIONAL THERAPY MENTAL HEALTH INTERVENTION

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Rocket Rehab provides face to face specialist occupational therapy mental health intervention services for injured workers:

- To assist increased function
- To increase productivity
- To increase capacity

These services are provided to Injured Workers who report an inability to put into practice coping tools and techniques.

These Injured Workers may struggle to remain continually certified fit for pre-injury or suitable duties and repeatedly revert to being certified unfit to work, due to underlying home, life or social barriers.

Rocket Rehab's Occupational Therapists provide tailored graded exposure interventions in a practical way, using tasks and activities aimed to develop:

- Work and productivity skills
- Life skills
- Leisure and recreation skills
- Social skills

WHAT IS INVOLVED IN THE OCCUPATIONAL THERAPY MENTAL HEALTH INTERVENTION?

- Initial Assessment of functional and/or cognitive ability which involves assessing the Injured Workers' ability to manage work and home roles and participate actively in these pursuits
- Report including the identification of barriers to the injured workers physical and/or cognitive function within their usual environments and development of collaborative strategies to overcome these barriers
- Face to face intervention sessions conducted at the Injured Workers home to address and overcome the barriers in a practical manner
 - The Occupational Therapist will work with the injured worker to develop a list of key goals, with the aim of increasing their independence and function, enabling them to re-engage with vocational rehabilitation and return to work
 - This includes developing independent life skills, home maintenance, self-care, leisure and health/fitness goals using focused occupational strategies

- Fortnightly summary email and communication with NTD/ Agent/Employer and allied health professionals
- Medical case conference at the completion of the program
- Case closure report

COST SAVINGS:

- At the outset of the intervention Rocket Rehab will confirm the purpose of the referral which will include identifying the Injured Workers current capacity and anticipated future capacity
- Assists to break the ongoing cycle of downgrades in capacity, in turn reducing ongoing weekly payments
- The Rocket Rehab consultant will negotiate and facilitate an upgrade in capacity with the Injured Workers NTD following the completion of the intervention sessions
- Rocket Rehab will confirm in writing with the Injured Worker and NTD that they are aware of the practical application of coping tools and techniques, avoiding further downgrades in capacity

WHEN TO REFER:

TIMING:

- Any stage throughout the life of a claim
- When an Injured Worker reports an ability to put into practice coping skills and techniques
- Injured worker repeatedly upgrades and downgrades, reporting an inability to cope

DIAGNOSIS:

- May be physical or psychological

PROGNOSIS:

- Unknown or poor

TREATMENT:

- May have been referred to a psychologist or pain management clinic and reported the services did not help
- May be continuing to attend treatment and struggling to put into practice the techniques being recommended

WORKCOVER CERTIFICATE OF CAPACITY:

- Certified Unfit to work
- Certified fit for suitable duties on reduced hours/days

EMPLOYER:

- Injured Worker may be no longer employed
- Injured Worker may have a poor relationship with their employer