

## Rehabilitation Services

- **Progressive Goal Attainment Program (PGAP)**
- **Exposure Therapy**
- **Cognitive Rehabilitation**
- **Case Management**

### **Progressive Goal Attainment Program (PGAP)\***

PGAP is a standardized treatment program that targets psychosocial barriers due to health conditions involving pain and/or mental health conditions such as depression, anxiety or post-traumatic stress disorder. Psychosocial barriers that are targeted include: catastrophic thinking, fear of symptom aggravation, perceptions of injustice and disability beliefs.

PGAP involves an initial screening followed by weekly one-on-one sessions (up to a maximum of 10 weeks) with a trained PGAP provider. The aim is to enable the participant to overcome their barriers and participate in meaningful activities despite the presence of ongoing symptoms. Participation in the PGAP program may take place in conjunction with other types of treatment (i.e. physiotherapy, massage therapy, etc.) and may take place prior to initiation of a work hardening/conditioning program. Program outcomes may include (but are not limited to): a reduction in symptoms of pain, fatigue and depression, an improved ability to apply coping strategies for symptoms when participating in meaningful activities, an increased likelihood of returning to work and improved overall quality of life.

PGAP is particularly useful when:

- An individual is off work due to a physical or mental health condition and is physically/medically ready to return to work (either to the pre-injury job or a new job), but has concerns or fears about their ability to do so.
- An individual has been off work due to a physical or mental health condition for an extended period of time and is not currently participating in meaningful activities due to the beliefs of disability caused by their condition.

*\*Available in select regions only.*

## **Exposure Therapy\***

Exposure therapy helps individuals with anxiety overcome fears and discontinue patterns of avoidance behaviour which can limit an individual's participation in meaningful activity, including work, and can affect their overall quality of life.

After an intake interview with a Regulated Healthcare Professional (RHP), education about anxiety is provided and the individual is assisted to differentiate between realistic and their unrealistic anxiety responses. Together, the individual and RHP create a plan for gradual exposure to the anxiety-inducing situations in a hierarchical manner. Coping strategies are developed through collaboration along the way. The number of sessions to achieve the individual's goals varies on a case-by-case basis.

Exposure therapy is particularly useful when:

- An individual is experiencing an anxiety response regarding returning to work, including being in the vicinity of the workplace.
- An individual who has witnessed a trauma outside of the workplace, is experiencing an anxiety response related to the trauma that is triggered by aspects of the job and/or workplace.

- An individual is avoiding certain job duties because they produce an anxiety response, which is affecting performance at work.

*\*Available in select regions only.*

## **Cognitive Rehabilitation\***

Cognitive rehabilitation encompasses a wide variety of evidence-based treatment methods of improving cognitive abilities in individuals with cognitive impairment due to traumatic brain injury, stroke or other conditions. The approach to treatment may be remedial or compensatory. These approaches may also be utilized together.

A qualified Occupational Therapist (OT) conducts a comprehensive assessment of cognitive domains, such as: attention, memory, awareness/insight, processing executive functioning and others. The OT then designs a treatment plan in collaboration with the individual. Treatment, led by the OT, may take place in clinic, in the community or in the client's home, depending on the individual's goals. Goals may be related to resuming functioning and participation in meaningful activities at home, work and/or the community.

Cognitive rehabilitation is particularly useful when:

- An individual has experienced a traumatic brain injury, with a goal to increase independence in activities of daily living, such as scheduling appointments, managing monthly bills, remembering cook times when preparing meals, etc.
- An individual with a diagnosis of dementia is experiencing memory challenges and wishes to ensure better safety around their apartment, such as remembering to turn off appliances, lights, etc.

- An individual who has experienced a concussion with ongoing symptoms has a goal of improving memory and attentional skills to boost their success with participation in an upcoming college course.

*\*Available in select regions only.*

## Case Management

Case management involves coordinating services for people as they move through the vocational rehabilitation process. It involves regular communication to develop an understanding of needs and employment goals and working with each individual to reach those employment goals. A Case Manager may refer for specialized assessments in order to determine an individual's abilities for return-to-work planning purposes. They may assist the individual with coordinating treatment or work hardening programs or with registering for educational programs to build skills in preparation for future employment. Assisting the individual with the acquisition of equipment and supplies for success in their program may also be involved.

Case management is particularly useful under the following circumstances:

- An individual with an injury or medical condition is returning to work and assistance in preparation for the return is needed.
- An individual is no longer able to work in their previous employment field and assistance is needed with transitioning to a new employment field.