

Functional Restoration Programmes - Returning to Activity Therapy

GETTING BACK TO LIFE

Functional Restoration Programmes

One of the cornerstones of an occupational therapists' clinical skills is to analyse and breakdown any activity into its functional components. From this breakdown an occupational therapist can establish exactly what it takes to complete that chosen activity. This, in combination with the ability to assess the skills and impairments of an injured person, allows the occupational therapist to develop a functional restoration programme which would allow a person with long term impairments to return to a chosen activity.

Return to Activity Assessment

The return to activity assessment is a comprehensive analysis of both the activity and the injured persons skills to return to it. The specialist rehabilitation will use both standardised assessments and detailed narratives to establish the potential and plan to return to this chosen activity. Where appropriate, the occupational therapist will also identify additional costs or services that will be required to ensure the success of this plan. This assessment will also form the basis of the review process to determine the extent of the intervention's usefulness to the injured person.

Get Back to Work Education

After any injury a person can often try to rush back to life roles and one of these key roles are returning to their employment or education. Failure to plan the return effectively can result in disastrous outcomes which can impair confidence, increase anxiety and even facilitate avoidance behaviour which can reduce the injured persons potential to recovery from their injury and have a negative impact on their wellbeing. The 12-session get back to work/education programme allows the injured person to effectively plan and organise their return to their role. With the support of the rehabilitation specialist occupational therapist, the injured person will be able to identify how best to return, what help will be required and what timing is needed to ensure this return is a successful one.

Get Back to Leisure

Leisure activities are often the first to be lost after injury, they are sacrificed by the injured person in order to enable them to continue with 'more important' roles such as work or self-care. Unfortunately, we frequently forget that these activities are key to maintaining a feeling of fulfilment or well-being. This loss has a far-reaching impact on an injured person an ultimately negatively impacts on the very activities they sought to save. The 12-session get back to leisure programme enables the injured person to understand the value of a balance in their activity and the importance leisure has in health and wellbeing. The specialist rehabilitation occupational therapist then facilitates an effective graded return to leisure programme which is delivered at a speed relevant to the injured person.

Get Back to Productivity

For many returning to paid or even voluntary employment is beyond the limitations of the injured persons impairments. However, this does not mean a person cannot be productive and feel productive, in fact the feeling of productivity is key to health and wellbeing and has a positive impact on engagement within other activities and on a person's mental health. Feeling productive is personal to each individual and the 12-session get back to productivity developed by Plexus Healthcare, explores this with the injured person and allows them to clearly define what productivity means to them. Once defined, the specialist rehabilitation occupational therapist then practically assists the injured person to put this into action. This is achieved through a systematic graded programme that allows the injured person to bring productive activities into their daily routine at a pace that is suitable to them.

Get Back to Life

Plexus Healthcare have developed a systematic programme which enables an injured person to return to a chosen activity using restorative, adaptive and compensatory approaches. The programme can address each component of an activity in isolation and as part of the whole, so even when someone has a catastrophic injury they are able to participate in an activity to a level that is suitable for them. Conversely, it allows injured people who have been classified as having minor injuries to identify the exact point where they are required to adapt an activity to ensure they continue to be successful. The key to these programmes is the 'returning factor', the injured person needs to have been actively participating in the chosen activity immediately prior to the injury.

PRICE LIST – ALL FIXED FEES ALL INCLUSIVE

Return to Activity Assessment	£ 895.00
Get Back to Work / Education Programme	£4,995.00
Get Back to Leisure Programme	£4,995.00
Get Back to Productivity Programme	£4,995.00

**For further details of this or any of our other services please contact Helen Merfield
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