

A BETTER TOMORROW...



REHAB OPTIONS

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REHAB OPTIONS

*A balanced approach to
Occupational Therapy &
Case Management*



OUR **ROLE**...

Rehab Options works on behalf of insurance companies, dealing with income protection and permanent and total disability claims, personal injury solicitors and businesses and corporations.

We aim to: facilitate health and well being by minimising the impact of disease or disability; enable recovery and optimum function / occupation, via a restorative and compensatory approach; and provide choice by being able to explore all occupational opportunities.

We believe that occupation provides physical, psychological (e.g. self esteem, sense of achievement, confidence) social and material benefits. Occupation is also part of a well-balanced lifestyle and is integral to well being, because all human beings have an innate drive to produce, achieve and to be involved in purposeful activity.

Essential to the process of restoration is a comprehensive, evidence-based assessment and individualised goal-focused support and facilitation, the aim being to maximise residual functions to enable optimal functional ability.

We undertake individual case management, including functional assessment / problem identification, and co-ordination of implementation of recommendations. We provide occupational analysis, customised graded return to work programmes and preventative education.

The report was very good and very helpful. It is, in fact, one of the best reports of this type I have seen.

Claims Inspector Norwich Union



GETTING THE BALL ROLLING...

Rehab Options' starting point is always to carry out a comprehensive functional assessment. This is undertaken alongside occupational analysis, to establish barriers to remaining in employment or returning to work - and a thorough evaluation of transferable skills.

We liaise with medical / rehabilitation personnel to ensure that any decision is made on the basis of complete background information, the current situation and realistic options for the future.

We think laterally and trawl the widest base of professionals / agencies / methods, to work to an agreed goal.

For insurance companies - we provide office-based consultancy sessions, including telephone assessment interviews / liaison, and face-to-face interviews via home visits, all of which are documented in writing. We also provide work site visits and liaison with employers, and education / training.

For businesses - we offer individual consultations or trouble shooting 'Walk In' clinics for those experiencing difficulties in maintaining their role within the workplace or already off work due to health problems. We also provide preventative education and training.

For solicitors - we provide Immediate Needs Assessment and implement recommendations where required.

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Their medical knowledge enables them to ask more targeted / specific questions and to establish whether various types of therapies have been considered.

Claims Assessor



HELPING YOU ON THE ROAD BACK TO WORK...

Rehab Options create rehabilitation / return-to-work programmes, including accessing treatment providers and occupational agencies where required.

Support is given throughout the whole programme to troubleshoot any difficulties as they arise and to adjust goals and the programmes as required.

Adjustment, motivational issues and other non-direct influencing factors are considered within all assessments and incorporated into programmes as necessary. This can involve specialist treatment providers and job broker agencies.

Frequent goal orientated reviews are carried out and detailed progress reports given to the referring agent.

We have used them and they proved to be invaluable in guiding the employee and the firm in agreeing a return to work programme.

HR Manager





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TURNING THINGS AROUND...

Rehab Options uses a carefully selected network of occupational therapy professionals to provide an expert, nationwide service.

Our team are highly qualified and motivated, with a level of experience that enables us to deliver results.

Here are just some of our success stories...

42 year old male media manager who had suffered a stroke causing significant fatigue, cognitive and behavioural problems returned to work part time, after sessions with a psychologist and facilitating liaison between employer and psychologist throughout a graded return to work programme

50 year old year old HR manager returned to previous full time role following breast cancer and secondary heart condition, following instruction in fatigue and anxiety management

40 year old male with residual visual impairment as a consequence of a brain tumour, successfully transferred from quality inspection role to production role within same company, within a timescale that exceeded employers expectations, following functional assessment, job analysis in conjunction with employee, HR, and line manager

32 year old male horticultural worker off work with stress and depression returned to work after facilitating employers greater understanding of mental illness and facilitating liaison between community psychiatric nurse and employer, particularly with regard to clinical / occupational risk assessment

They have been particularly useful with regard to situations related to conflict at work and employment tribunals.

Claims Assessor



All therapists that work with Rehab Options are registered with the Health Professions Council as an occupational therapist and are members of the following professional organisations:

*BABICM -
British Association of Brain Injury Case Managers*

*CMSUK -
Case Management Society of United Kingdom*

*College of Occupational Therapists Specialist
Section - Independent Practice*

*College of Occupational Therapists
Specialist Section - Work*

Vocational Rehabilitation Association

GET A PROFESSIONAL OPINION...

Rehab Options Limited Director, Julie Sheard, has practiced as an Occupational Therapist for more than 30 years. She has a wide-ranging experience of physical and psychiatric conditions and has worked within both Health and Social Services. Julie has been in private practice since 1992.

Within personal injury litigation she has worked as a rehabilitation cost consultant and expert witness, and was the lead therapist for an early intervention rehabilitation company. She has also worked as a case manager specialising in brain injury and spinal injury. She continues to carry out immediate needs assessments.

Since 2003 she has acted as a consultant to the health claims departments of a number of large insurance companies, dealing with both income protection and permanent and total disability claims.

Julie has extensive experience in working with HR departments and directly with employers within small companies.

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