



Recovery and Wellness Initiative

The Recovery and Wellness Initiative (RAWI) is designed to provide holistic support to employees with physical injuries who are unable to return to work, either indefinitely or for a limited time, due to a lack of suitable duties provided by their employer.

Reducing Barriers

The initiative aims to reduce biopsychosocial barriers and physical deconditioning associated with not working. Our team of allied health professionals, based across Australia, engage with individuals to provide support through treatment plans and assist with their recovery.

Personalised Support

Under the Recovery and Wellness Initiative, services conducted at an employee's home or local park are tailored to the individual's lifestyle and wellbeing. Our allied health professionals bring the same injury and workplace educational focus to the external setting to enable an easier transition back to work once suitable duties are available.

Our collaboration with other stakeholders such as a treating doctor, allied health or rehabilitation provider, is key to the success of the Recovery and Wellness Initiative.

The Initiative Offers:

- Psychosocial education to limit potential for secondary overlay to impact **return to work**.
- Biological/Psychosocial support to **minimise** the potential for pain, dysfunction or fear avoidance.
- Nutrition and diet advice to **enhance recovery prospects** and reduce weight gain while not working.
- Functional education for the **safe and sustained** performance of activities of daily living and the incorporation of these into a work hardening approach.
- The prescription of graded exercises in **collaboration** with treating health professionals.
- **Participation** in medical case conferencing if or as required.
- Guidance on sleep hygiene, community engagement and social interaction as key features of **wellness and recovery**.
- A maximum of eight weeks intervention with the frequency of sessions each week **tailored** to meet individual needs.

A Collaborative and Strategic Approach

Clients are provided with a Recovery and Wellness booklet with additional injury and lifestyle information as well as homework activities to support recovery, wellness and self-management. Our team emails milestone updates and reports as requested.

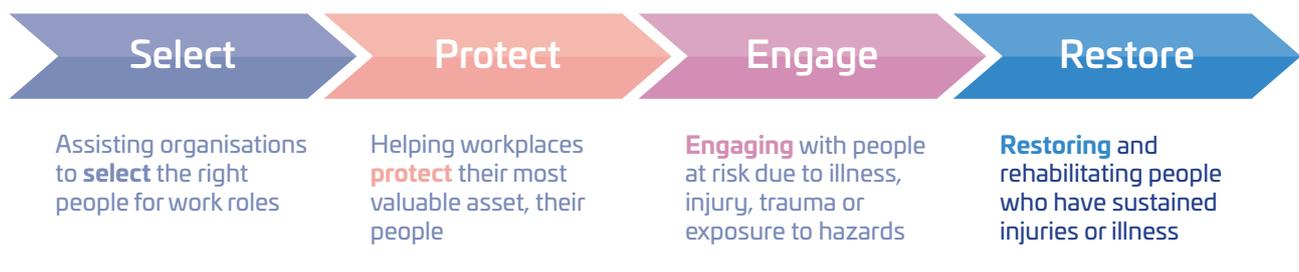
Participants in the RAWI have enjoyed the personalised nature of the program, appreciated the support provided by all stakeholders and reported improvements in their general lifestyle.

Organisations look to nominate appropriate claims for the RAWI under the following criteria:

- An employee with a physical injury
 - An employee with allied health services engaged
 - There are no suitable duties available for the employee
 - An employee working less than 25 hours per week
 - An employee who is job detached
 - An employee with no capacity for employment
- Exclusions include:**
- An employee with a current exercise physiologist engaged.
 - Employees who have returned to work, working greater than 25 hours per week.
 - Employees who are progressing with their recovery as anticipated and have agreed to return to work for greater than 25 hours per week in the next four weeks.

Altius Group has years of experience identifying barriers and implementing effective solutions. We have a solid understanding of how to engage with employees to build healthy teams of people and a productive, successful workforce.

Industry based evidence and insight, conversations with our clients and our connections within the industry, enable us to stay ahead of emerging needs to deliver holistic support services to organisations across the **lifecycle of their people's employment.**



Get in touch with us:

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