



Recover at Home

WITH WORK REHAB

Self-Directed

Choose activities of interest

Partner with your health professionals

Start your recovery early



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**Recovery from injury or illness
is sometimes a difficult journey
that can challenge you both
physically and emotionally.**

Research indicates that participating in an early intervention program like Recover at Home can assist and accelerate your recovery, return to work and life activities.

Recover at Home is a 6-week early intervention program that uses your daily activities to increase your capacity and recovery from illness or injury.

This program is self-directed, meaning you choose the activities that are best for you, based on your interests, needs, injury and recovery guideline. Your Work Rehab consultant is there to guide and assist you.

Who is Work Rehab?

Work Rehab is an accredited workplace rehabilitation provider, assisting Australians to return to work and be safe at work since 2011.

Our consultants are allied health professionals including Occupational Therapists, Physiotherapists, Exercise Physiologists and Rehabilitation Counsellors, all of whom are experienced in workplace rehabilitation.

HOW THE PROGRAM WORKS

This is your individual roadmap to recovery:

1. Review the Recover at Home booklet and identify the activities that interest you.

2. Discuss your injury, rehabilitation and recovery timeframes with your Work Rehab consultant in line with your activities of interest.

3. Complete the initial questionnaires so we can understand where you are at in your recovery journey.

4. Together with your Work Rehab consultant, we will create your 6-week Recover at Home plan.

5. Participate in weekly or fortnightly sessions to manage progress with your Recover at Home plan.

6. At the completion of your program, we will discuss the next steps for your rehabilitation, based on your progress and recovery.



The Recover at Home program has had some fantastic outcomes for individuals. One of the standout benefits is its ability to assist individuals who have endured psychological or physical injuries and find themselves grappling with the challenges of daily function.

It aids them in gradually re-establishing their confidence and psychological and physical well-being, thus facilitating a positive framework and structure in returning to their pre-injury life.

KATE, INSURER | BRISBANE



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