



Psychosocial Rehabilitation Program

Health is not just physical, and can be affected by social, emotional, mental and spiritual factors.

This psychosocial program supports people to overcome the social, emotional, environmental and psychological barriers affecting their rehabilitation goals and outcomes.

There are numerous barriers to rehabilitation. They can include reduced confidence, loss of social connections, social anxiety, chronic pain issues and physical access issues.

Early intervention to overcome barriers like these is crucial to rehabilitation success.



Psychosocial Activities

Psychosocial activities support people to -

- Understand their strengths.
- Build confidence and develop resilience.
- Engage with others.
- Overcome barriers affecting rehabilitation.

There are many psychosocial activities which positively contribute to health and wellbeing. These can include community engagement, participation in local support groups and hobbies to build connections and boost mood and performance of everyday domestic activities that improve health and wellbeing.

Our Rehabilitation Consultants will work closely with clients, their family and support networks to understand your needs.

The result will be a unique plan based on your specific barriers, interests, lifestyle and your goals.

Our Program

- An intake meeting to identify needs and goals.
- A customised rehabilitation plan.
- Regular check ins to support and review progress goals and activities.
- Collaboration with your treating professionals.

For referrals or further information
email enquiries@workrehab.com.au

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