

The Abilita program is an evidence based, structured rehabilitation program performed by certified clinicians. It is capable of facilitating early and sustainable worker recovery for psychosocial factors and pain management.

Process

Identify

- The Abilita triage tool (online or in person) identifies psychosocial risks and barriers to participating in work, community and life. It outlines individual perceptions of health, coping capacity and attitudes to work.
- Employees complete a questionnaire online; reports are immediately available to consultants. These results then guide rehabilitation, intervention planning and help identify factors that would benefit from coaching to gain knowledge and skills.

Guided intervention

- Coaching is tailored to empower workers to learn to improve and manage their health conditions, maintain important life roles, manage negative emotions and unhelpful behaviours. Abilita uses individual coaching with structured learning modules and a workbook, to optimise capacity and work participation.

Measure impact and progress

- Abilita assessment is repeated to measure progress and review ongoing needs. Accumulated data can provide insights for your organisation to improve psychology safety and resilience for your team.

Benefits

Time Saving

5 minutes to triage psychosocial risk (within 1 week of claim) verses months of delay.

15 minutes to collect psychosocial data for initial assessment.

Tailored Planning

Psychosocial data is visually presented in 6 to 7 biopsychosocial domains.

Psychosocial detail for up to 37 sub-scales.

Outcomes

When commenced within 12 weeks of claim, results show;

- 44% reduction psychosocial impact
- 54% increase in work hours.

Testimonial

"The Abilita screening tool has allowed us to identify the psychosocial barriers to recovery very early on and the coaching has significantly increased the recovery rate of our more susceptible team members."

Background

Developed by Dr. Pam Garton (PHD from La Trobe University 2020 in Biopsychosocial Rehabilitation), over 30 years ago. The program is based on extensive and ongoing research and development.

It is proven to reduce pain levels, minimise reliance on healthcare and medication and increase worker confidence.

More information can be found here -

<https://www.abilita.com.au/>

For further information

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