

Job Demands Analysis (JDA) – The JDA evaluates the physical, functional, psychosocial, cognitive and environmental demands of identified jobs. A JDA assists with return-to-work planning, employee recruitment, employee training and risk management.

Post-job-offer Functional Evaluation – Specific functional testing evaluates a worker's fitness for a specific job.

Brain Injury Rehabilitation – Community-based rehabilitation services are available for clients impacted by the cognitive, physical, psychosocial and behavioural chronic after-effects of a brain injury.

Mental Health Return-to-Work Services – Community-based services to help clients with emotional and mental health barriers attain functional and return-to-work goals.

Psychological Services Include:

Psychological/Psychoeducational Assessment – The client is assessed to determine levels of anxiety and depression, trauma and chronic pain. The psychologist identifies challenges contributing to the client's condition, makes appropriate diagnoses and recommends treatment.

Treatment – Psychologists use proven, effective treatments including Cognitive Behaviour Therapy (CBT), solution-focused therapy, Acceptance and Commitment Therapy (ACT) and Eye Movement Desensitization and Reprocessing (EMDR).

Vocational Services Include:

Career Assessment
The goal is to identify the impact of an injury or disability on the client's career. The career assessment provides recommendations that facilitate career progress. This may include ideas for suitable training programs, career counseling and/or job placement supports when appropriate.

- Career Assistance Services**
- Career Counseling including Transferable Skills Analysis
 - Psycho-educational assessments
 - Supported Job Search, and
 - Job Success Coaching
 - Academic Testing

Physical Fitness Services Include:

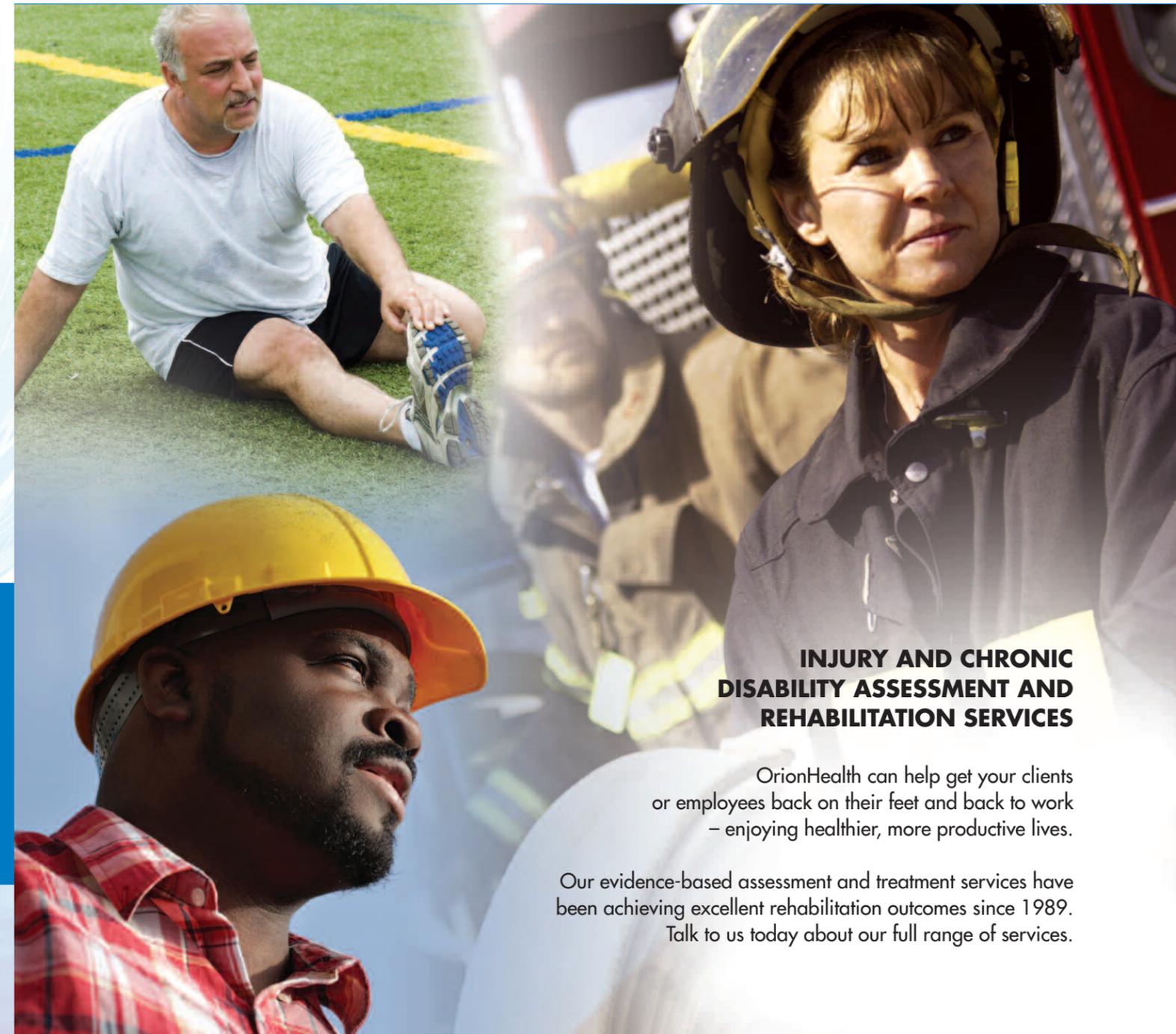
- Physiotherapists assess and treat clients with a variety of acute and chronic health concerns
- Kinesiologists develop and monitor exercise programs in consultation with the treating physiotherapist and/or physician.

The OrionHealth mission:

Unlock the potential in people by providing services that contribute to their health and wellbeing, specifically enhancing productive functioning, self management and sustainable work.



INJURY & CHRONIC DISABILITY ASSESSMENT & REHABILITATION SERVICES



INJURY AND CHRONIC DISABILITY ASSESSMENT AND REHABILITATION SERVICES

OrionHealth can help get your clients or employees back on their feet and back to work – enjoying healthier, more productive lives.

Our evidence-based assessment and treatment services have been achieving excellent rehabilitation outcomes since 1989. Talk to us today about our full range of services.



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At OrionHealth we care... We make it easy to work with us.

Visit our website for more information

www.orionhealth.ca

Injury, illness and chronic pain and disability are expensive.

Besides the emotional cost to the individual as well as family, friends and co-workers, injury or illness costs employers billions of dollars every year in claims and lost productivity.

You want what OrionHealth wants – to have your client return to work as quickly as possible, physically and mentally prepared to contribute fully in the workplace.

The OrionHealth advantage:

Quality client service

- Timely access to quality services
- Customization based on needs and budget
- Commitment to working closely and continuously communicating with referral sources to ensure expectations are met
- Full and part-time outpatient services and programs

Professional, experienced clinical experts

- Interdisciplinary approach
- Highly skilled, experienced teams of physicians, psychologists, occupational therapists, physiotherapists, pharmacists, kinesiologists, rehabilitation assistants, vocational specialists and others

Proven results

- Program and service outcomes are continuously monitored to ensure clinical excellence



OrionHealth is employee-owned.

INTERDISCIPLINARY ASSESSMENT AND REHABILITATION PROGRAMS

Assessment*

The appropriate clinical team performs the assessment to determine or confirm diagnosis and identify factors contributing to the impairment, functional limitations and disability. A comprehensive report with treatment options, timelines and expected outcomes is provided to the referrer. The team may include a physician, psychologist, pharmacist, physiotherapist, kinesiologist, occupational therapist or other relevant professionals depending on the client's needs.

* A prerequisite for programs

Programs

Occupational Rehabilitation Programs –

Treatment plans are designed to assist clients with a timely and sustainable return to work or function.

97% of clients who complete an OrionHealth Occupation Rehabilitation program are fit, with or without limits, to return to work (2010 – 2013)

Pain Management Program – The goals of our integrated approach to pain management are to:

- Reactivate the client physically, psychologically and vocationally,
- Enhance self-responsibility and self-management of pain,
- Reduce reliance on medications, as appropriate,
- Change self-limiting attitudes and misconceptions about pain, and
- Facilitate opportunities to develop positive health behaviours.

96% of clients who complete an OrionHealth Pain Management Program are fit, with or without limits, to return to work (2010 - 2013)

"I have used the opportunities this program has given me to get in touch with my mind-body connection and also as a means of facing my fears, my faults, and the changes I need to make."

Linda P.

Medication Management Program –

Clients struggling to manage their chronic pain with opioid pain medications work with their clinical team to reduce or eliminate reliance on opioids and improve overall quality of life and function.

83% of participants who eliminated their use of opioids for pain in the program did not report a significant increase in their pain levels. In fact 13% reported a clinically significant decrease in pain level (2010-2013)

Client Poem:

*"A shadow of darkness lifted from my mind
I received my family back in the nick of time
A smile returns to a face so long did frown
I no longer feel that I may drown
To say Thank You underestimates
The change you have all given me
But I truly Thank You all for giving me the clarity to Be."
Paul K.*

Resilience over Psychological Trauma (RoPT) –

This unique and specialized program helps clients overcome trauma symptoms and return-to-work and other environments that they may be avoiding. These services can be provided in conjunction with physical rehabilitation.

CLINICAL REHABILITATION SERVICES

Medical Services Include:

Medical Exam – The medical exam, performed by a physician, determines or confirms diagnosis, assesses need for further medical testing and identifies factors contributing to impairment. A specific type of Medical Exam is the **Independent Medical Evaluation (IME)**. The IME determines:

- The cause, extent and medical treatment of a work-related or other injury where liability is an issue
- Whether an individual has reached maximum benefit from treatment
- Whether any permanent impairment remains after treatment

Opioid and Methadone Medication

Management Consultations – A physician and pharmacist review the client file and consult with the family physician. An opioid taper plan may be developed as requested to supplement the consultation.

Medical File Review – The medical file of a client is reviewed and recommendations made for either medical intervention or rehabilitation in order to maintain productive functioning, self management and sustainable work.

Pre-employment Medicals – The medical exam determines whether the employee has a condition that will prevent satisfactory performance of his or her responsibilities.

Occupational Therapy Services Include:

Functional Capacity Evaluations –

These evaluations determine a client's current functional abilities and limitations and provide recommendations for rehabilitation including return-to-work planning and case management. The functional capacity evaluation report is prepared in accordance with legal requirements. Clinicians are prepared to testify in court if required.

Community Home Assessments –

The assessments include:

- Hospital discharge services, and
- Community occupational therapy (home accessibility, equipment needs assessment and prescription, reactivation and service coordination)

Cost of Future Care (Life Care Plan) –

These evaluations assess functional performance in self-care tasks, leisure pursuits and the client's chosen vocation. Evaluators develop a comprehensive care and management plan with the goal of restoring the client to as close to pre-injury function as possible.

Assistive Technology Assessments –

An individualized assessment analyzes the environmental barriers at the client's worksite or home to determine the types of adaptive equipment required to facilitate greater independence.

Return-to-Work Planning –

- A worksite evaluation:
- Confirms critical job demands of the injured or disabled worker
 - Includes a discussion with the employer about return-to-work options
 - Incorporates a work plan