



REHABILITATION

AT ONEPATH



A TIME OF DISCOVERY AND NEW OPPORTUNITIES

We believe that rehabilitation can be a process of discovery for many people. Learning to manage challenging circumstances can lead to new opportunities for growth at a personal and vocational level.

HELPING YOU REBUILD YOUR CONFIDENCE

Returning to work after a serious injury or illness can be challenging. As you begin to think about the next stage of your life, it's understandable that you might have concerns or questions about your future.

Our Rehabilitation Team

OnePath Rehabilitation takes a holistic and collaborative approach to support you with your recovery and work goals. Our multi-disciplinary team have extensive experience in occupational rehabilitation, managing psychological and physical conditions across diverse industries including construction, education, finance, defence, and corporate organisations.

Our Rehabilitation Team have qualifications in rehabilitation counselling, pain management and health and exercise physiology.

Helping you back to work

Research supports that meaningful employment is associated with better health and wellbeing outcomes. At OnePath, we believe successful return to work involves collaboration between you, your medical practitioners, employer (where they are still involved) and your Rehabilitation Consultant.

An initial discussion with a OnePath Rehabilitation Consultant will help formulate an individual rehabilitation plan which may include referring you to an independent Rehabilitation Consultant in your local area to work with you one on one. This could involve assisting to you to return to your previous employer, or helping you find a new job.

TYPES OF SERVICES AVAILABLE

OnePath provide a range of support services that are tailored to suit your individual return to work goals. The below services may be offered to those suitable to undergo our rehabilitation program.

Initial needs assessment

This assessment helps us to identify and access the right type of rehabilitation services for you through exploration of medical and vocational factors.

Gradually build up your work capacity and endurance

We work with you and your employer (if applicable) to develop a Return to Work Plan. This may involve reduced hours and duties which are gradually increased as you improve. Workstation modifications and aids may also make returning to work as smooth as possible.

Career Counselling

If you can't return to the same role, we undertake a Vocational Assessment of your education, employment history and transferrable skills to identify suitable alternate employment or retraining options.

Helping you prepare for job seeking

We help you build the confidence to be job-ready by assisting you with resume preparation, sourcing job leads and developing the skills for successful interviews.

Helping with work-readiness

If you are not quite ready to return to work, you may benefit from assistance with developing a daily structure, incorporating exercise, goal setting, and re-engagement in the community, as a stepping stone to returning to work.

Business coaching

If you are self-employed or pursuing self-employment, talk to us about whether business coaching may be viable.





Case Study

Transitioning to a new career

Maria,* a 50 year old Assistant in Nursing, was unable to return to her usual occupation due to a lower back injury. She was fearful of aggravating her back pain, and did not know what type of work would be medically suitable.

OnePath engaged a Rehabilitation Consultant who conducted a Vocational Assessment to explore her work skills and interests. These options were then matched to an assessment of her physical tolerances through a Functional Capacity Evaluation.

With the support of OnePath, Maria found a less manual job as a Community Worker within 3 months.

* Names have been replaced to protect privacy.



Case Study

Returning to a similar job

Bob,* a 43 year old Facilities Manager, developed a tumour of the kidney, and after surgery he had difficulty sitting, lifting and bending.

OnePath arranged a Workplace Assessment by an Occupational Therapist. With provision of a sit-stand workstation, Bob was able to return to work part time and gradually increase his work hours.

OnePath also facilitated an exercise programme with an Exercise Physiologist via his GP, and Bob was able to gradually increase his work duties as his capacity to lift improved.

* Names have been replaced to protect privacy.



FAQs

Should I wait until I am fully recovered before I return to work?

Occupational rehabilitation, in most cases, is more successful if it commences early in your recovery process. We can help by talking to your employer (if applicable) and doctors around the best time to start a program.

What else can I do to improve my chances of successfully returning to work?

Follow the treatment plan proposed by your treating professionals and talk to them about how return to work fits in with your treatment plan. If you are still employed, maintaining contact with your employer increases the potential of suitable duties being available when you are fit to return to work.

Your daily structure can have a positive impact in helping you transition back to work. This includes good sleep patterns, waking at a regular time, engaging in daily activities within your capacity and maintaining social interactions, which are all important in achieving good health and wellbeing.

How we can help you

If you'd like more information, please feel free to:



Discuss this with your claims assessor, or



Let us know on your claim forms, or



Contact the team directly at claims.rehabilitation@onepath.com.au

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