

CRPG  
Centro de Reabilitação  
Profissional de Gaia

*Always by your side*



## Socio-professional rehabilitation

Rehabilitation and reintegration of  
persons with acquired disabilities

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**Pedro Mateiro**

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After an accident or disease...

Now what???





Now I realize that I'll never  
have back the life that lies  
behind me...







And I also found out that...





Nothing can hold me from  
the future that lies  
Ahead...



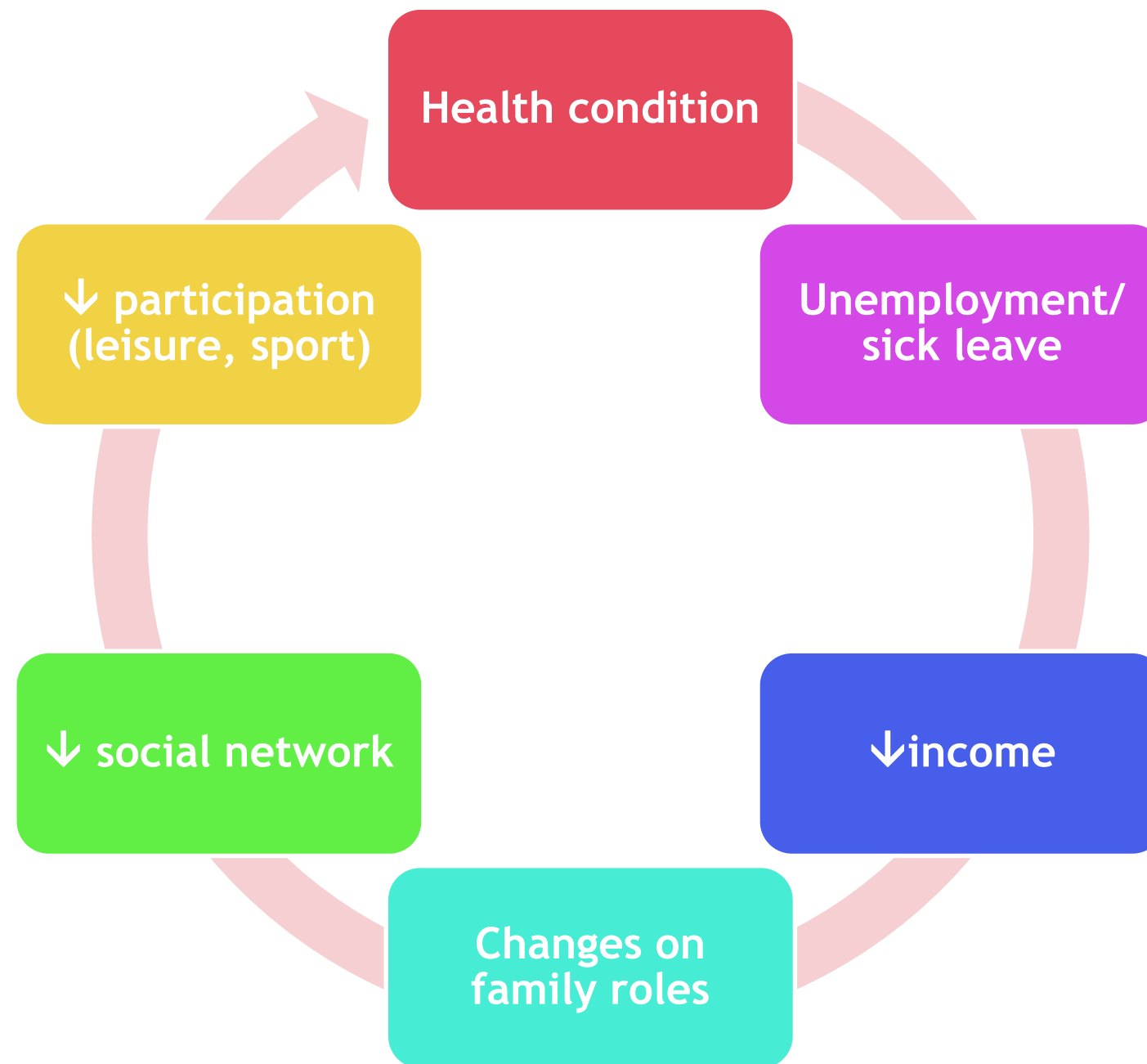
# Rehabilitation and reintegration of persons with acquired disabilities

## *Most frequent health conditions*

- Cancer
- Spinal cord injuries
- Fibromyalgia
- Rheumatoid arthritis
- Chronic pain
- Multiple sclerosis
- Mental health conditions
- Acquired brain injury - specific neuropsychological programme

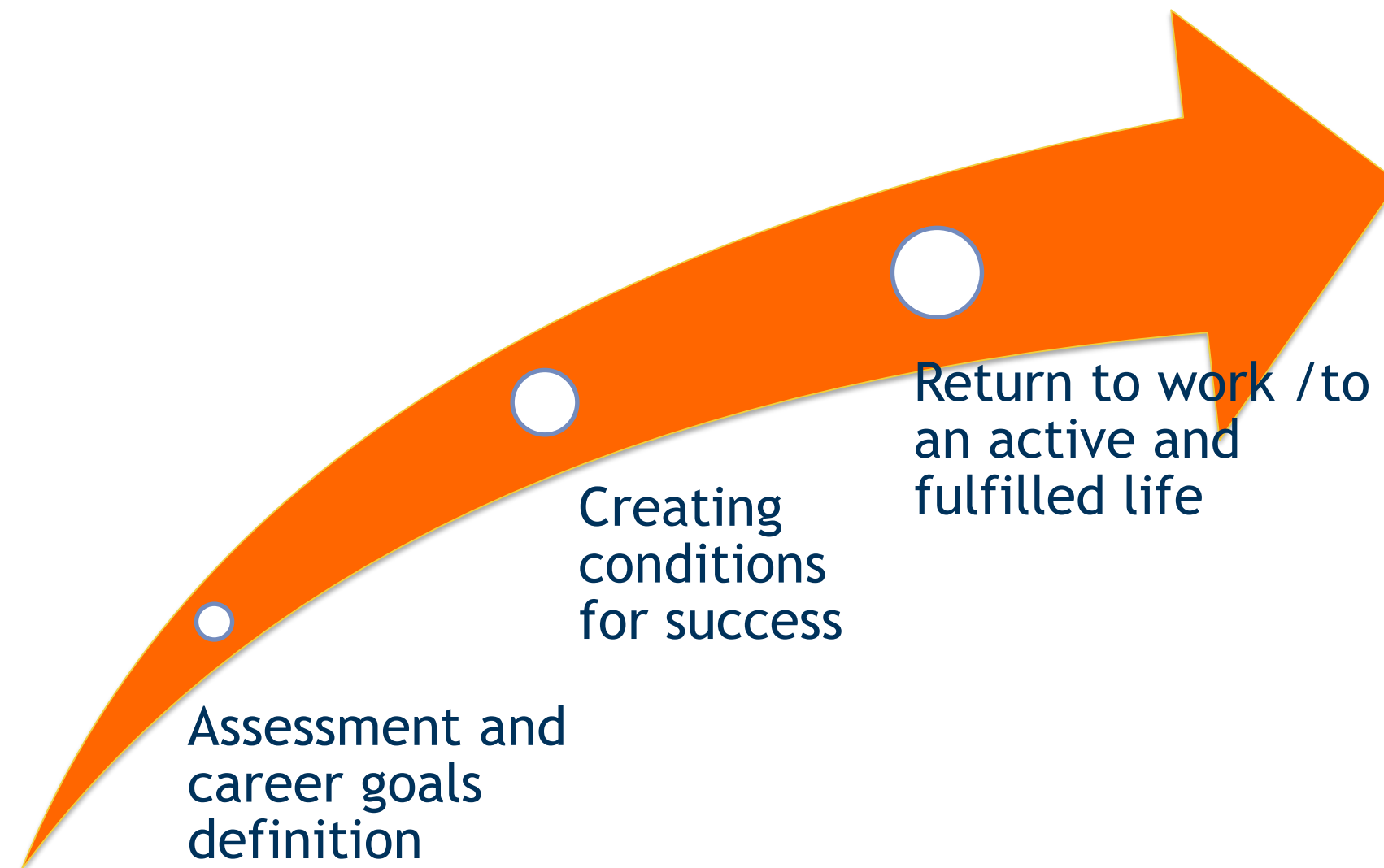


## Some of the most frequent life's impacts



# Rehabilitation and reintegration of persons with acquired disabilities

## *Process*







## Rehabilitation and reintegration of persons with acquired disabilities

### Concept

- Holistic and integrated intervention to support people with functional changes due to accidents and illnesses that compromise the normal development of the life project, making it necessary to mobilize specialized support for their rehabilitation and reintegration into family, social and professional life. Specialized supports promote the identification of the impacts of accidents and diseases on functionality, the exploration of the aptitudes and abilities, the reorganization of the life project, the training and activation, in a case management dynamics.



## Rehabilitation and reintegration of persons with acquired disabilities

### Services provided

- Assessment of the impacts of accidents and diseases on rehabilitation functionality and needs
  - Expert opinion - Legal processes
  - Rehabilitation / reintegration plans in active and professional life;
- Rehabilitation for active and professional life
  - Rehabilitation of people with severe changes in functionality;
  - Neuropsychological rehabilitation of people with acquired brain injury
  - Professional retraining
- Reintegration in active and professional life
  - Return to work;
  - Reintegration into an active life context.





## Rehabilitation and reintegration of persons with acquired disabilities

### *Quick notes*

- Case management approach
- Multidisciplinary team: psychologist, medical doctor, physiotherapist, occupational therapist, speech therapist, ICT trainer, job coach.
- Services implemented in partnership with other community resources (hospitals, medical rehabilitation facilities)
- Free of charge for clients and provision of expenses reimbursement or allowance for transportation, accommodation;, etc. Services financed by public administration (work injuries - insurance companies)

## Recovery and updating of personal and social skills

In my own words



“Nothing will stop me  
fulfilling my dream”

Rosa





# Recovery and updating of personal and social skills

## People with disabilities - Accidents and Diseases

The main objective of this program is to promote rehabilitation for the active and professional life of people with acquired disabilities.

### I. Guiding principles

Our reference is based on the principles of equality, personalization, individualization and modularization of the courses. It is designed and implemented to the needs, potential and expectations of customers, promoting a response to universal educability.



# Recovery and updating of personal and social skills

## People with disabilities - Accidents and Diseases

### II. Goals

Persons with disabilities acquired as a result of accidents and diseases are faced with the need to reorganize their working lives. Often, for this reorganization, it is necessary to develop a new self-image, to recognize the current limitations and to implement compensation strategies, to rebuild their networks of family and social relationships and to come back to believing in a future. Without these preconditions, adherence to professional reintegration projects is severely compromised





# Recovery and updating of personal and social skills

## People with disabilities - Accidents and Diseases

Thus, with the recovery and updating of personal and social skills aimed at people with disabilities acquired as a result of accidents and diseases, it is intended:

- Promote psychosocial activation;
- Develop psychological skills necessary for learning and performing professional tasks, as critical dimensions for the implementation of a reintegration project in active and professional life;
- To develop emotional management skills with regard to disability and acquired disability, which includes: accepting the consequences of the same, maintaining a positive vision of the future and promoting self-esteem;
- Recover / update transversal skills valued in the labor market and employability skills.
- Promote social inclusion through greater autonomy in the mobilization of community services and the reconstruction of social support networks;
- Rebuild the professional project;
- Promote a speedy return to active and professional life.



# Recovery and updating of personal and social skills

## People with disabilities - Accidents and Diseases

### 1. Areas of key competences

- I. Performance Guidance 105h
- II. Social inclusion and employability 156h
- III. Functional Reactivation 168h
- IV. Cognitive / psychomotor / visual rehabilitation \*
- V. Psychosocial development workshop 71h
- VI. Work experiences - working context 300h

Total 800h

\* Variable duration according to the needs of each client.





## Recovery and updating of personal and social skills

### People with disabilities - Accidents and Diseases

The groups are made up of 10 to 12 clients, considering the reference order criterion for this phase of the rehabilitation and reintegration program in active and professional life.

The general objectives of each client are formulated in the professional rehabilitation and reintegration plan in active and professional life (PRP).

In the initial phase of the implementation of RAC-ACD is elaborated by the technical-pedagogical team the operational plan (PO), containing specific objectives, activities, durations and periodicity.



# Recovery and updating of personal and social skills


## People with disabilities - Accidents and Diseases

### Evaluation of results

At the beginning of the group, the baseline of the clients was defined in 3 domains:

- quality of life;
- cognitive profile;
- emotional state.

The same evaluation protocol is implemented at the end, in order to support the evaluation of each client's results (in complementarity with other individually defined evaluation instruments / sources). A formal evaluation of results is also carried out through the evaluation of the specific objectives defined in the operational plan.



Despite of the interesting satisfaction perception of this service, the reintegration rate is still low. One of the major improvement areas is the involvement of the potential employers, in a more systematic way. This was one of the reasons why CRPG has launch, early 2019, a new unit specialised on providing services to employers and in supporting job placement, including return to work.

### Quality of Live (evaluation)

Employability - 64 (2017); **75** (2018) ↑

Professional reintegration - 58 (2017); **79** (2018) ↑





**Rehabilitation and  
reintegration of persons  
with acquired disabilities**

*A pathway side by side*