

Building Better Life Beyond Pain and Disabilities

Wo C C, Chan Y C

Institution : Haven of Hope Christian Service

Introduction

Mainstream rehabilitation conventionally focuses on improving people's physical function and normalizing their psychological status. Yet, no matter how comprehensive the service could be, users still need to reintegrate themselves to living in their own community one day. Haven of Hope Community Rehabilitation Day Centre (HOH CRDC) aims to support these people to live a meaningful life and keep them active in the community.

Purpose of the Project

To demonstrate the effectiveness of a proactive transdisciplinary rehabilitation model that focuses on community re-integration.

Material & Methods

Users admitted from October 2006 to October 2007 were included. Disciplines including physiotherapist, occupational therapist, nurse and social worker worked transdisciplinarily and proactively on the users and the referred problems, focusing on coherent and collaborative intervention on physical, psychosocial and / or environmental issues that hinder our users' active community living. Having gone through the intervention, therapists' and users' rating on various domains including community participation, pain and family relationship were recorded, analyzed and appraised.

Results

Therapists' rating showed that these users (N=225) had shown improvement in work (9%), home task participation (24%), leisure and outdoor activities participation (27%), community group participation (8%), pain reduction (60%, N=82) as well as positive changes in family relationship (13%). Coherent to therapists' rating, the discharged user survey also reflected positive changes in their family relationship (95%) and community participation (89%). More details on pain related changes and activity participation can be seen in our Life-style Redesign ® group works.

Conclusions

As experienced by HOH CRDC, using a proactive transdisciplinary model and focusing on a pragmatic community re-integration may have provided rehabilitation practitioners another complementary channel of rehabilitation to help consummate the mainstream rehabilitation.

