



Co-funded by the
Erasmus+ Programme
of the European Union

Community integration through Rehabilitation

Everyone is a
genius. But if you
judge a fish on its
ability to climb a
tree, it will live its
whole life believing
that it is stupid.

-A Einstein



SOCRE-project

Lisbon, September 14th 2017

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Professor of Rehabilitation



Overview

1. Who are served by (Psycho)social Rehabilitation (PSR)?
2. Personal recovery
3. What is PSR?
4. PSR competencies for professionals
5. A B C of PSR



1. Who are served by Psychosocial Rehabilitation?



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PEOPLE (youth, adults & elderly) WITH DISABILITIES

(physical, intellectual, cognitive & psychiatric)



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DISABILITIES:

- **LONGTERM AND SEVERE**



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DISABILITIES:

- **THAT RESTRICTS THE PERSON IN FULFILLING VALUED ROLES IN THE COMMUNITY**



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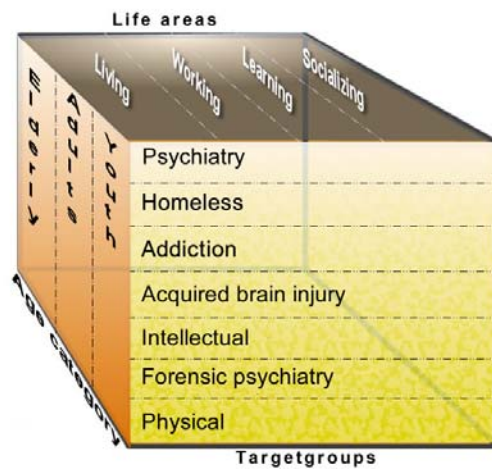
PSR POPULATION

PEOPLE WITH LONGTERM AND SEVERE
DISABILITIES THAT RESTRICTS THEM IN
FULFILLING VALUED ROLES IN THE COMMUNITY



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Rehabilitation cube



2. Personal recovery



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Recovery ≠ Cure

Recovery does not mean that the suffering has disappeared, all the symptoms removed, and/or the functioning completely restored



Anthony, 1993

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Personal Recovery Process: definition

**Recovery is the process of self-discovery
and change as one grows beyond the
catastrophe of illness**

**It is a way of living a satisfying and
meaningful life with or without limitations
caused by the illness**



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Phases of Personal Recovery

Overwhelmed by the Disability

Struggling with the Disability

Living with the Disability

Living beyond the Disability



Hanze University Groningen, Research Department of Rehabilitation

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Clinical Recovery

Acute Phase

Stabilization Phase

Chronic Phase



Different processes

Personal recovery/person Clinical recovery/patient

Overwhelmed by the disability **Acute Phase**

Struggling with the disability

Stabilization Phase

Living with the disability

Living beyond the disability **Chronic Phase**



The Recovery Process



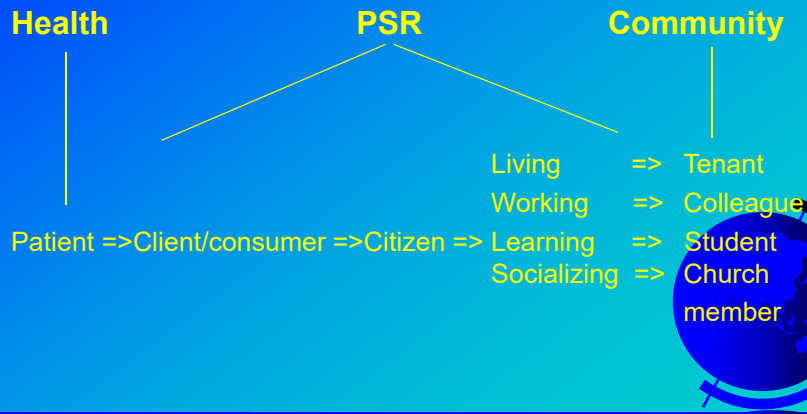
Ryan's educational story

A journey from despair...to recovery...to a life filled with purpose

Research project 'Recovery After an Initial Schizophrenia Episode (RAISE)



PSR: the link between Health and Community



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3. WHAT IS SOCIAL REHABILITATION?



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Aspects of health

Prevention

Cure (ICD-10)

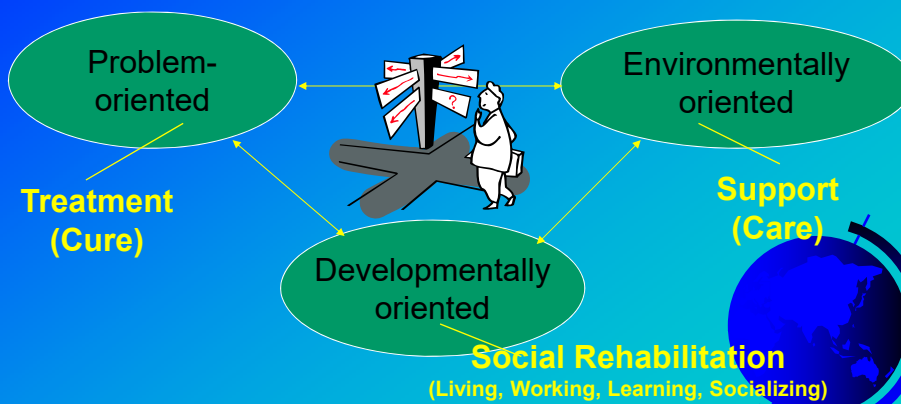
Clinical Rehabilitation (ICF: functions & activities)

Social Rehabilitation (ICF: activities & participation)



THREE ASPECTS OF CARE

Safety, Health & Stability



Traditional treatment plan

1. Medication (management)
2. Day-night rhythm
3. Personal hygiene
4. Financial problems
5. Cleaning the room
6. Return to or remain at school



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Rehabilitation / Treatment plan

1. Return to or remain at school
2. Medication (management)
3. Day-night rhythm
4. Personal hygiene
5. Financial problems
6. (Cleaning the room)



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Discussion/Activity

Diary exercise

How much time of your daily work do you spend on problem-oriented aspects of care, how much time on environmentally oriented aspects and how much time on developmentally oriented aspects of care?



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Treatment and Rehabilitation

Focus of Traditional Treatment

Mission: *Cure*

- * Minimize illness
- * Reduce anxiety and improve ego functioning

Focus: *Link Between Past & Present*

- * Patient-hood
- * Disease and pathology
- * Stabilization and maintenance

Intervention: *therapy/medication*

- * Therapist sets the goal
- * Assess symptoms and causes
- * Symptom reduction

Focus of Rehabilitation

Mission: *Improve Functioning*

- * Maximize health
- * Increase success and satisfaction in life roles

Focus: *Link between Present & Future*

- * Person-hood
- * Future goals
- * Critical skills and supports

Intervention: *Develop Skills and Supports*

- * Client chooses the goal
- * Assess and clarify need and functioning
- * Skill and support development in a preferred environment



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Mission of PSR

To help people with disabilities
increase their functioning so that they can
be successful and satisfied in the
environments of their choice with the least
amount of ongoing professional
intervention

Anthony et al, 2001



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Mission of PSR

To help people with disabilities to
choose, get and keep valued roles in the
community



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Values

Person orientation, a focus on the human being as a whole, rather than as diagnostic label or illness

Support, a focus on providing assistance for as long as it is needed and wanted

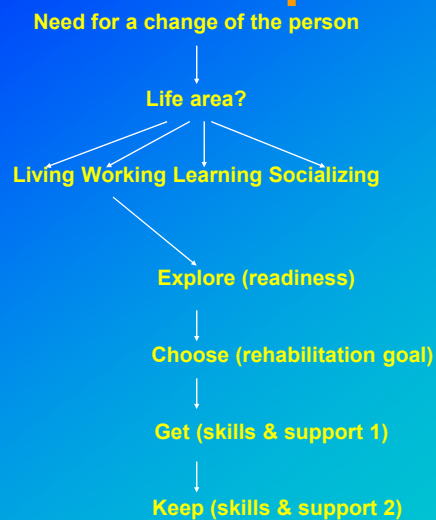
Involvement, a focus on the participation of the client

Growth potential, a focus on a person's inherent capacity to grow, and to hope



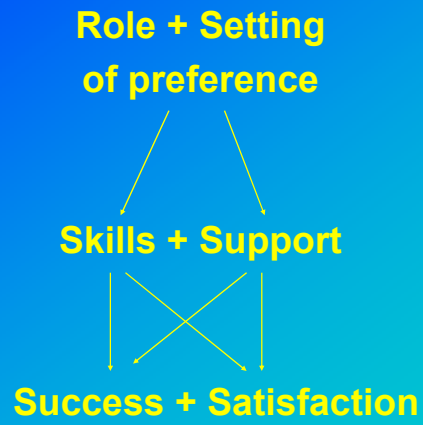
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Rehabilitation process



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PSR principle



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Ownership

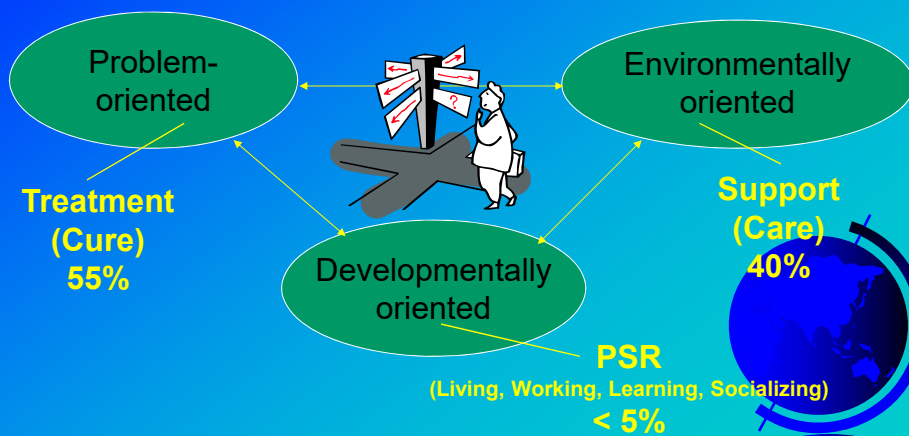


4. PSR competencies for professionals

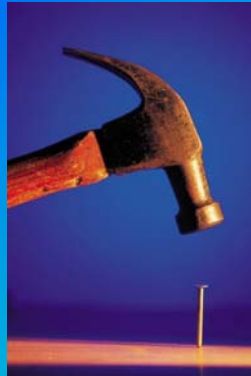


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PSR in the curricula of practitioner's education (Nursing, Social Work, Psychiatry, etc.)

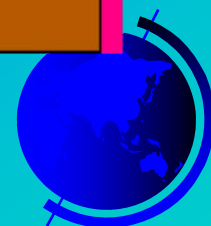


“If all we have is a hammer, every problem looks like a nail”



PSR-practitioner

- **Knowledge**
- **Attitude**
- **Skills**





PSR-KNOWLEDGE

- PHILOSOPHY AND PRINCIPLES OF PSR
- PSYCHOLOGICAL AND SOCIAL ASPECTS OF DISABILITIES
- PSR AND RECOVERY
- STIGMA, DISCRIMINATION AND SOCIAL EXCLUSION
- PSR AND TREATMENT
- PSR AND FAMILY



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PSR-ATTITUDE

- PARTNERSHIP
- PERSON ORIENTED
- FUNCTIONING
- CLIENT INVOLVEMENT AND CHOICE
- INDIVIDUALIZATION
- ENVIRONMENTAL SPECIFICITY
- SUPPORT
- GROWTH POTENTIAL

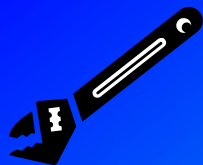


Partnership, connectedness

First and foremost the focus of the practitioner must be on what the person/consumer connects to us and others, and not on what him or her distinguish from us and others



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PSR-SKILLS

- READINESS ASSESSMENT
- SETTING AN OVERALL REHABILITATION GOAL
- FUNCTIONAL ASSESSMENT
- RESOURCE ASSESSMENT
- DIRECT SKILLS TEACHING
- RESOURCE INTERVENTIONS
- CONNECTING WITH CLIENTS
- COACHING SKILLS



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Services

Medical Assessment

Psychological Assessment



Functional Assessment (FA)

Resource Assessment (RA)

related to the participation goal of the client



Skills & Support

Participation Goal

Success

+

Satisfactio

Skills+Support

Skills+Support

FA

RA

FA

RA



FUNCTIONAL ASSESSMENT

STEP 1	SUCCESS →	WHAT ARE THE REQUIREMENTS OF THE ENVIRONMENT? (WHAT DO YOU HAVE TO DO TO BE SUCCESSFUL?) →	SKILLS
STEP 2	SATISFACTION →	WHAT DO YOU HAVE TO DO TO FEEL SATISFIED YOURSELF? →	SKILLS
STEP 3	WHEN DO YOU HAVE TO USE THE SKILL AND HOW OFTEN?		
STEP 4	CAN YOU PERFORM THE SKILL AND IF SO, DO YOU USE THE SKILL?		

RESOURCE ASSESSMENT

STEP 1	SUCCESS →	WHAT ARE THE REQUIREMENTS OF THE ENVIRONMENT? (WHAT DO YOU NEED TO BE SUCCESSFUL?) →	RESOURCE (PEOPLE, THINGS, PLACES, ACTIVITIES)
STEP 2	SATISFACTION →	WHAT DO YOU NEED YOURSELF TO FEEL SATISFIED? →	RESOURCE (PEOPLE, THINGS, PLACES, ACTIVITIES)
STEP 3	WHEN DO YOU NEED THE RESOURCE AND HOW OFTEN?		
STEP 4	IS THE RESOURCE AVAILABLE AND IF SO, DO YOU USE THE RESOURCE?		

Critical skills!!

&

Critical resources!!



PSR in the Netherlands

- **Handbook Rehabilitation for Health & Welfare**



- **Research -> RCT -> effective intervention**

- **PSR in curricula bachelor and master**



- **In company PSR education for professionals**



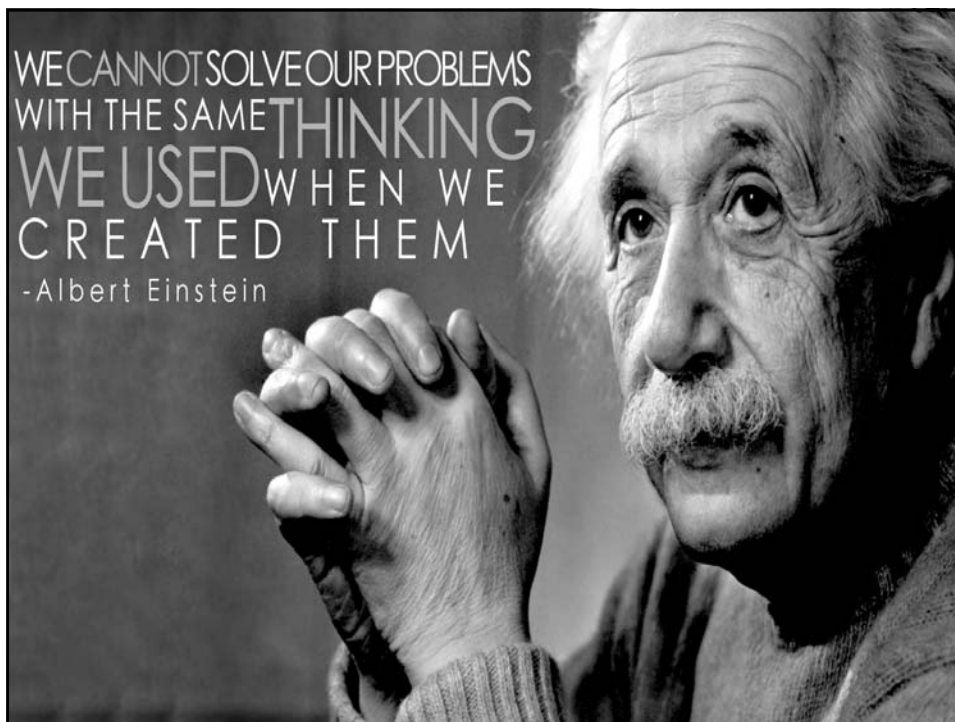
Supported Education Toolkit

1. Introduction
2. Choose-get-keep interventions
3. Implementation manual



ImpulSE project 2013-2016

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5. A B C of PSR



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14



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A B C of PSR

A 12
B 13 C
14



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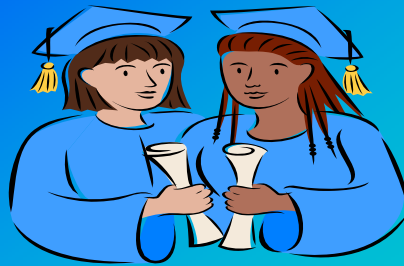
Not only runners
move forward,
also they who limp



Questions & discussion

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