Community integration through Rehabilitation

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?

PEOPLE (youth, adults & elderly) WITH DISABILITIES

(physical, intellectual, cognitive & psychiatric)
DISABILITIES:

• LONGTERM AND SEVERE

DISABILITIES:

• THAT RESTRICTS THE PERSON IN FULFILLING VALUED ROLES IN THE COMMUNITY
PSR POPULATION

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

Rehabilitation cube
2. Personal recovery

Recovery ≠ Cure

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

Anthony, 1993
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

Anthony, 1990

Phases of Personal Recovery

Overwhelmed by the Disability

Struggling with the Disability

Living with the Disability

Living beyond the Disability
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
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

3. WHAT IS SOCIAL REHABILITATION?
Aspects of health

Prevention

Cure (ICD-10)

Clinical Rehabilitation (ICF: functions & activities)

Social Rehabilitation (ICF: activities & participation)

THREE ASPECTS OF CARE

Safety, Health & Stability

Problem-oriented

Treatment (Cure)

Environmentally oriented

Support (Care)

Developmentally oriented

Social Rehabilitation (Living, Working, Learning, Socializing)
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

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)
## 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?

## Treatment and Rehabilitation

<table>
<thead>
<tr>
<th>Focus of Traditional Treatment</th>
<th>Focus of Rehabilitation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mission:</strong> Cure</td>
<td><strong>Mission:</strong> Improve Functioning</td>
</tr>
<tr>
<td>* Minimize illness</td>
<td>* Maximize health</td>
</tr>
<tr>
<td>* Reduce anxiety and improve</td>
<td>* Increase success and satisfaction in life roles</td>
</tr>
<tr>
<td>ego functioning</td>
<td></td>
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<tr>
<td><strong>Focus:</strong> Link Between Past &amp; Present</td>
<td><strong>Focus:</strong> Link between Present &amp; Future</td>
</tr>
<tr>
<td>* Patient-hood</td>
<td>* Person-hood</td>
</tr>
<tr>
<td>* Disease and pathology</td>
<td>* Future goals</td>
</tr>
<tr>
<td>* Stabilization and maintenance</td>
<td>* Critical skills and supports</td>
</tr>
<tr>
<td><strong>Intervention:</strong> therapy/medication</td>
<td><strong>Intervention:</strong> Develop Skills and Supports</td>
</tr>
<tr>
<td>* Therapist sets the goal</td>
<td>* Client chooses the goal</td>
</tr>
<tr>
<td>* Assess symptoms and causes</td>
<td>* Assess and clarify need and functioning</td>
</tr>
<tr>
<td>* Symptom reduction</td>
<td>* Skill and support development in a preferred environment</td>
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</tbody>
</table>
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

Mission of PSR

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

Rehabilitation process

Need for a change of the person

Life area?

Living Working Learning Socializing

Explore (readiness)

Choose (rehabilitation goal)

Get (skills & support 1)

Keep (skills & support 2)
PSR principle

Role + Setting of preference

Skills + Support

Success + Satisfaction

Ownership
4. PSR competencies for professionals

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

- Problem-oriented
- Environmentally oriented
- Developmentally oriented
- Support (Care) 40%
- Treatment (Cure) 55%
- PSR (Living, Working, Learning, Socializing) < 5%
“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

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 distinguishes from us and others.
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

Success
Skills+Support

Satisfactio
Skills+Support

FA RA
FA RA
### FUNCTIONAL ASSESSMENT

<table>
<thead>
<tr>
<th>STEP</th>
<th>DESCRIPTION</th>
<th>REQUIREMENTS</th>
<th>SKILLS</th>
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<tbody>
<tr>
<td>STEP 1</td>
<td>SUCCESS</td>
<td>WHAT ARE THE REQUIREMENTS</td>
<td>SKILLS</td>
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<td>OF THE ENVIRONMENT? (WHAT DO</td>
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<td>YOU HAVE TO DO TO BE</td>
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<td></td>
<td>SUCCESSFUL?)</td>
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<tr>
<td>STEP 2</td>
<td>SATISFACTION</td>
<td>WHAT DO YOU HAVE TO DO TO</td>
<td>SKILLS</td>
</tr>
<tr>
<td></td>
<td></td>
<td>FEEL SATISFIED?</td>
<td></td>
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<tr>
<td>STEP 3</td>
<td>WHEN DO YOU HAVE TO USE THE SKILL AND HOW OFTEN?</td>
<td></td>
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<tr>
<td>STEP 4</td>
<td>CAN YOU PERFORM THE SKILL AND IF SO, DO YOU USE</td>
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<tr>
<td></td>
<td>THE SKILL?</td>
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### RESOURCE ASSESSMENT

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<th>RESOURCES</th>
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<tr>
<td>STEP 1</td>
<td>SUCCESS</td>
<td>WHAT ARE THE REQUIREMENTS</td>
<td>PEOPLE, THINGS, PLACES, ACTIVITIES</td>
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<td>STEP 2</td>
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<td>WHAT DO YOU NEED YOURSELF TO</td>
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<td>WHEN DO YOU NEED THE RESOURCE AND HOW OFTEN?</td>
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<td>STEP 4</td>
<td>IS THE RESOURCE AVAILABLE AND IF SO, DO YOU USE</td>
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<td>THE RESOURCE?</td>
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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

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WE CANNOT SOLVE OUR PROBLEMS WITH THE SAME THINKING WE USED WHEN WE CREATED THEM

- Albert Einstein
5. A B C of PSR

12 13 14 of Treatment
Not only runners move forward, also they who limp
Questions & discussion

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