



Providers: Refer your patients to Activity Coaching to help them recover

A treatment program to increase activity

Do you treat injured workers who are experiencing challenges with their recovery? Now you can help them recover by referring them to L&I's new Activity Coaching program.

How activity coaching can help your patients

- Reducing psychosocial barriers to rehabilitation progress
- Promoting re-integration into life-role activities
- Increasing quality of life
- Facilitating return to work
- Preventing long-term disability

What model of coaching does this program use?

Activity coaching uses a technique developed by the Progressive Goal Attainment Program (PGAP™). This is a standardized intervention. Coaches for the L&I program are occupational or physical therapists who have been trained by PGAP.

Treatment process

- The client and activity coach meet weekly, for approximately one hour, for a maximum of 10 sessions. (Meetings may be telephonic.)
- The program's initial stages focus on structured activity to help the client resume activities.
- The program's final stages focus on activities that facilitate re-integration into the workplace.

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When do I refer an injured worker to the Activity Coaching program?

Activity coaching is a good option when an injured worker has not returned to work around four weeks after the date of injury AND the worker has not improved with early interventions such as active physical therapy.

Activity coaching is available for workers who do not speak English. Please note their language when you refer them.

When is the Activity Coaching program NOT a good option?

- Surgery planned.
- Currently in work hardening.
- Evidence of a drug or alcohol problem.

Feedback from Activity Coaching Program participants

"This program has given me the tools to live a better life, dealing with my pain. I feel more in control of my injury now." — Tammy L.

"It's a program where you have someone on your side, cheering you on and helping to build your self-esteem. It has helped me get my life back." — Amanda K.

How do I refer a worker to the program?

Tell the injured worker that you are referring them to L&I's Activity Coaching program. Let them know that you think it's a good idea and encourage them to participate.

Contact Susan Campbell, L&I, at 360-902-5053 or Susan.Campbell@Lni.wa.gov for referrals and questions.

PGAP™ is the trademarked name of the program, developed in Canada. For more information on PGAP™, visit www.pdp-pgap.com/pgap/en/index.html.