



THE CHANGE ROOM RECOVERY PROGRAMS

ELEVATING WELLBEING, MOTIVATION AND CONFIDENCE FOR CONTINUED RECOVERY

THE ROAD TO RECOVERY REQUIRES A MULTIFACETED APPROACH

We understand that in the claim space there is a complex interplay between the insurer, worker, employer and treatment providers. The Change Room programs look to reconnect the injured person with purpose helping them take accountability and focus on their recovery.

What is The Change Room Program?

The Change Room program is a psychosocial intervention that takes place at iconic venues, to challenge the mindset and barriers holding injured people back from their recovery. Participants are inspired to forge a different pathway to sustainable recovery via engagement with our world class Mentors and then supported into action by accredited Health & Wellness Coaches.

Our experienced Mentors and Coaches come from a perspective of informed lived experience focusing on improvements to physical, mental and emotional capacities. The Change Room evidence-based 8 Foundations underpin our approach.

THE 8 FOUNDATION BEHAVIOURS



Feeling providing 'emotional fitness' tools to understand your emotions, develop emotional strength and focus on health promoting emotions



Thinking strategies that improve mindset; promote refocusing after adversity, transition through change with purpose and intent and approach the future with renewed optimism



Breathing practices to regulate emotional responses, improve pain management and support healing



Sleep routines to improve sleep hygiene that in turn promote healing



Movement regular and gentle movement practices to optimise our lymphatic system and promote injury recovery



Exercise identifying your threshold and encouraging the development of regular goals and activities supportive of rehabilitation practices



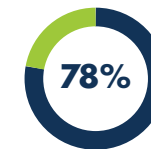
Eating providing tools, techniques and recipes to reduce inflammation, optimise nutrition and healing



Connection Identifying how you best connect with others and how to use connection to support your health

THE PROGRAM OUTCOMES

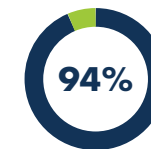
- Improved connection and relationship between the insurer, employer, treatment providers and worker
- Increased engagement in other treatment and treating practitioners
- Motivation to commit to long-term wellbeing improvements and recovery
- Reduced impact of extenuating circumstances such as diabetes, depression and anxiety
- Reduced stigma of the injury and on workers compensation
- Improved health markers as outlined in the 8 foundations of health



78% of the time participants improve their work status code or capacity



9hrs participants see an average increase of 9hrs capacity following program attendance



94% of participants improve their wellbeing to the point that they are keen to explore a return to work



98% of participants say they experienced changes in their life

WHAT CLAIMS SHOULD I REFER TO THE CHANGE ROOM PROGRAM?

Ideal referral criteria _____

- Complex Psychological and physical injury
- Workers who are recovering or heading into major surgery
- Recovery and increases in capacity has stagnated
- Workers who have been disengaged/unmotivated to return to work
- Workers who have taken adversarial approach to insurer/employer
- RTW goal has changed or worker has desire to change
- Secondary psychological or psycho-social issues have become an issue
- Workers who have ceased medical or wage entitlement (section 39 & 59a)

RESTORE

2 Day In-Person Event + 6 Coaching Sessions

Inspires participants to take control of their recovery following a complex injury or illness through an engaging and interactive program. Practices and tools help participants build confidence and momentum by making incremental and sustainable improvements to their physical and psychological health.

2 days of interactive in-person group learning experience delivered at iconic venues. Presented by 6 world class mentors that have a lived experience or expertise in recovery.

CONNECT - ON DEMAND

Online Program + 6 Coaching Sessions

Taking a blended learning approach to the Restore program whereby content is delivered via The Change Room's online platform that features presentations by 5 world class mentors providing practical tools that support recovery from physical and psychological injuries and supported by personalised on one coaching.

This program is ideal for participants based in regional areas or have a psychological injury and feel uncomfortable being in external environments or who have physical injuries and are unable to travel.

ALL PROGRAMS INCLUDE

6 coaching sessions with an accredited Health & Wellness Coach. Coaches guide participants to establish a Wellness vision, set goals and move towards or into action.

Monitoring of Wellness metrics at regular intervals.

Progress reporting against referrer determined desired program outcomes, short and medium terms goals.



”

Every bit of advice provided at The Change Room was handy and made sense. The way it was presented was practical and the techniques were easy to adapt . The explanations and examples were great and on my wave length

”

Nam's breathing techniques have made the biggest impact with the benefits being improved sleep and my ability to deal with pain

”

My partner attended the program with me and now we can relate and apply in our household what we learnt at the program

”

The program was absolutely sensational and I haven't stopped bragging about it. On the first day I rang my Case Manager at the insurer to tell them to do the course! More people need to attend

”

The Change Room teachings cross over to what I am working on with my psychologist at my Pain Management Clinic

FAQs

How does the Change Room programs work with current treatment providers?

We know that the best way to help someone's recovery is through a collaborative approach, we will work with the insurer, rehab and treatment providers to optimise the holistic recovery strategy for that individual. We report regularly on the participant's progress towards desired outcomes and make recommendations for further recovery support needs.

Can the participant bring a support person to the program?

Yes, absolutely - in fact we would encourage this for them to have a positive experience and have a better support network to carry forward with their wellbeing goals.

How often do you run your recovery programs?

We provide an up to date list of our in person and online programs on our website.

www.thechangeroom.info/upcoming-programs

Can I speak to someone about the programs if I have more questions?

Yes, for any questions related to the program please reach out to The Change Room Team

Phone: 02 9055 5070

Email: hello@thechangeroom.info

How can I refer to this program?

In the initial instance we just need an email to hello@thechangeroom.info. For more complex referrals we require you to complete a referral form found here: <https://www.thechangeroom.info/make-a-referral>

VIEW UPCOMING PROGRAMS HERE

DOWNLOAD A REFERRAL FORM HERE

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