

WHO WOULD BENEFIT FROM LIFESTYLE RESTORATION?

This program was developed for persons whose limitations interfere with physical, psychological, social and/or vocational function.

Industry leading outcomes have been achieved for persons with the following conditions:

- Stress/Professional Burnout
- Depression
- Anxiety and Panic Disorders
- Obsessive Compulsive Disorders
- Fibromyalgia
- Chronic Fatigue
- Diabetes
- Obesity
- Cancer
- Cardiovascular Disease
- Crohn's Disease
- Chronic Pain

HOW ARE THE SERVICES FUNDED?

Our services are not covered by OHIP however in most cases coverage may be available through Long Term Disability Insurance, Motor Vehicle Accident Insurance, the Workplace Safety and Insurance Board (WSIB), or other third party sponsors.

INTEGRATED SERVICES. IMPROVED OUTCOMES.

Everything we do as a company is with the aim of achieving the best possible results for our clients and customers. We employ the very best people, practices and processes, with a focus on improving the daily lives of Canadians.

In addition to our national network of 130 community-based Outpatient Clinics, we offer a wide range of specialized services including Hospital, Eldercare, Home Health, Independent Assessment, Occupational Therapy, Workplace, Medical and a specialized Autism facility.

Our clients are our first priority, and it shows in everything we do.

talk to us about how we can help

TO ARRANGE AN APPOINTMENT OR FOR MORE INFORMATION ABOUT OUR PROGRAM, PLEASE CONTACT US.

CBI Health Group is a leading provider of co-ordinated healthcare services and practice management expertise in Canada. We work with individuals and health managers all across the country to ensure that clients receive solutions tailored to their needs. With our cohesive network of providers and services, the result is better health outcomes.

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LIFESTYLE RESTORATION PROGRAM



helping get you back to normal living

CBI CBI HEALTH GROUP

client-centered, multi-disciplinary care

WHAT IS THE LIFESTYLE RESTORATION PROGRAM?

The Lifestyle Restoration Program (LRP) is a menu driven multidisciplinary program.

It is designed to assist individuals experiencing psychological, social and physical limitations which prevent returning to a specified vocational function.

This goal-oriented program is individualized to meet the specific requirements of each participant. The program has a proven track record for fostering timely return to gainful employment and pre-injury activities.

To date over 90% of our LRP participants have achieved the integrated goals of all stakeholders including the participant, family physician, payor and LRP team.

*our multidisciplinary program
is designed to assist
individuals return to function
and gain improved outcomes*

PROGRAM COMPONENTS

Services are comprised of wellness initiatives that span from early intervention to strategies for overcoming a spectrum of complex physical, psychosocial and behavioural disabilities.

The following are some of the services we provide to our clients in the Lifestyle Restoration Program.

REACTIVATION SKILLS:

- Goal Setting and Monitoring
- Energy Conservation, Work Simplification & Pacing
- Time Management and Scheduling
- Pain Management
- Physical Rehabilitation
- Community Reintegration
- Sleep Normalization
- Exposure Therapy

LIFE SKILLS:

- Stress Management
- Anger Management
- Relaxation Techniques
- Cognitive-Behavioral Therapy
- Interpersonal Therapy
- Memory and Concentration Improvement
- Attention Skill Improvement

NUTRITION RELATED SERVICES:

- Diet analysis
- Meal planning
- Food Intake Programming (condition specific)

EXERCISE RELATED SERVICES:

- Condition Specific/Therapeutic Exercise
- Individualized exercise programs
- Community or home-based fitness programs

EMPLOYMENT RESTORATION:

- Work Conditioning
- Cognitive and Behavioral Work Hardening
- Volunteer Work
- Return to Work Planning and Monitoring
- Job Search Training/Preparation
- Job Coaching

THE TEAM

The LRP program has access to an integrated team of dedicated healthcare professionals.

Each file is assigned a program coordinator who ensures focus on a set of integrated goals. The team meets on a regular basis to evaluate the program's effectiveness and revise intervention strategies as required. The active involvement of each participant and their sponsoring agent is encouraged throughout all stages of program planning.

Due to the unique needs of each LRP participant, the members of the treating team are selected on a case by case basis. The following healthcare professionals are available for consultation as needed:

- Occupational Therapist
- Psychologist
- Kinesiologist
- Exercise Therapist
- Ergonomist
- Dietician
- Physiotherapist
- Massage Therapist
- Family Physician
- Medical Specialist

