

An aerial photograph of a vocational rehabilitation center in Reykjalundur, Iceland. The facility consists of several large, multi-story white buildings with red roofs, interspersed with smaller white houses with red roofs. The center is surrounded by lush green fields and trees. In the background, there are large, rugged mountains under a blue sky with scattered white clouds. The text "Reykjalundur" and "Vocational rehabilitation" is overlaid in large yellow font at the top of the image.

Reykjalundur

Vocational rehabilitation

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Reykjalundur Rehabilitation Centre

- Was funded in 1945 as a vocational rehabilitation center for TBC patients
- Reykjalundur has a broad profile in rehabilitation
- The clinic is part of the Icelandic health care system,
- Financed by the state,
- Free of charge for patients

Reykjalundur 1944

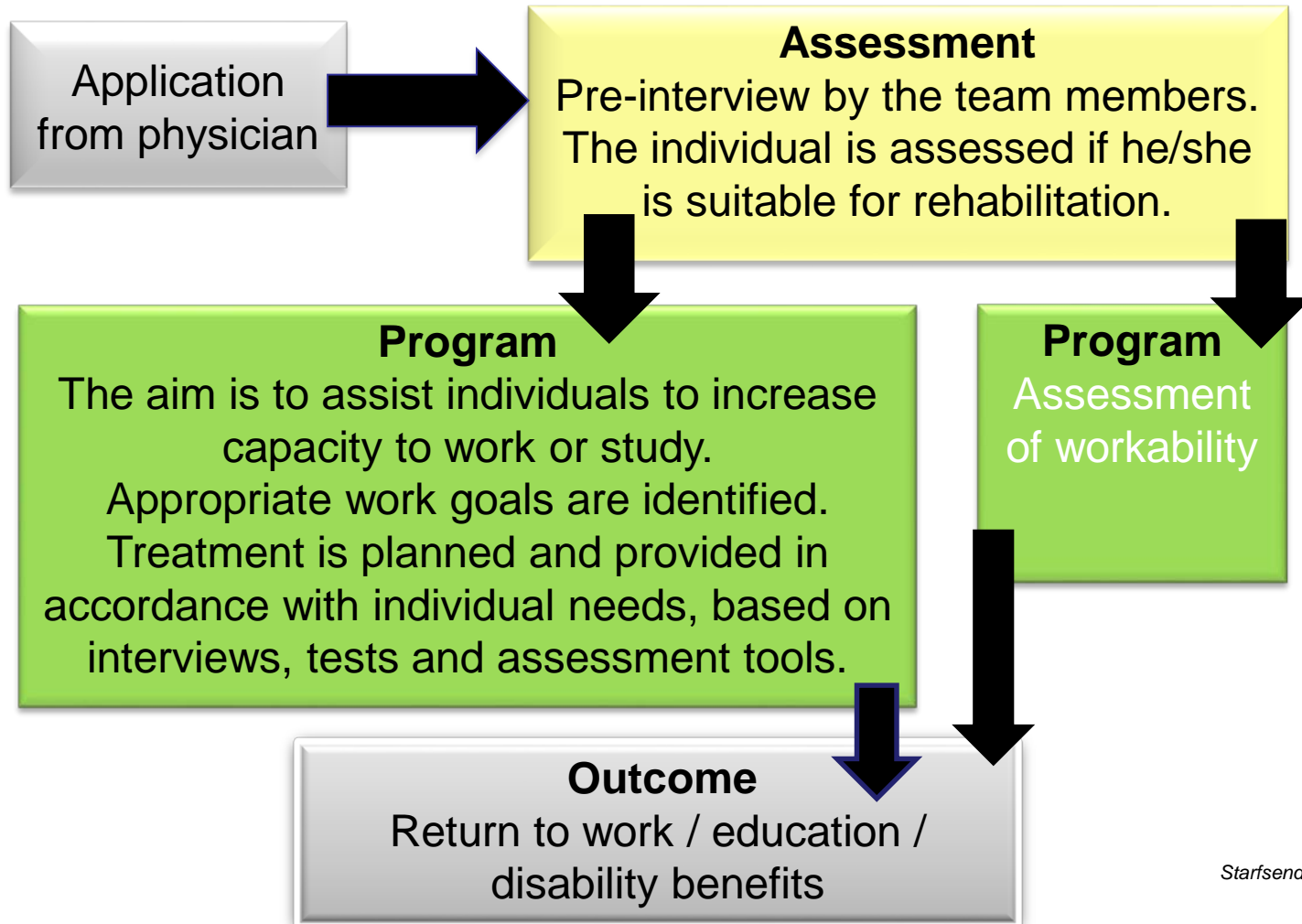




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Vocational rehabilitation program



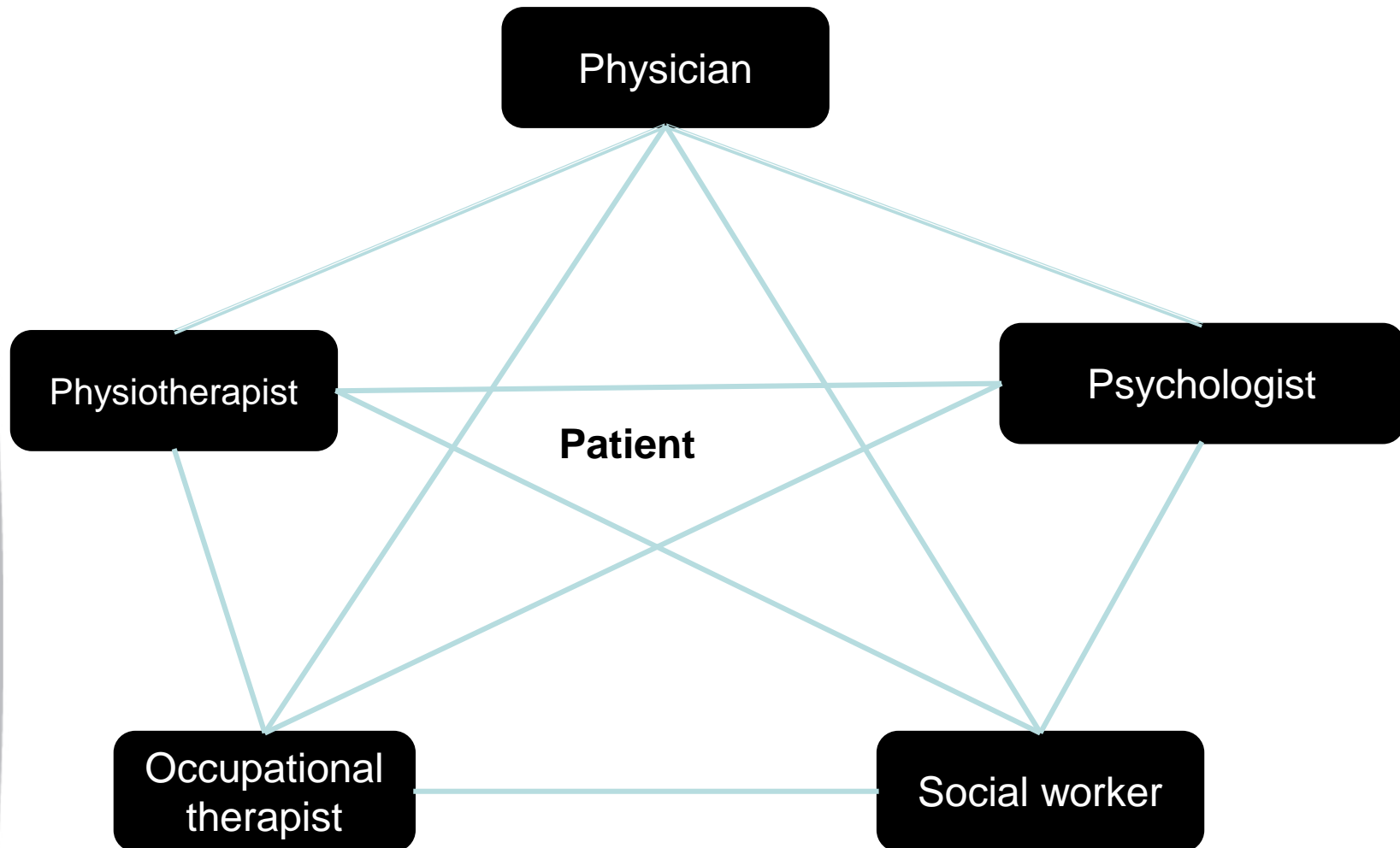
Interdisciplinary team work and holistic approach

Team

- ✓ Occupational therapist
- ✓ Physiotherapist
- ✓ Physician
- ✓ Work instructor
- ✓ Social worker
- ✓ Physical trainer
- ✓ Psychologist
- ✓ Nurse



Interdisciplinary team



Assessment tools

- Worker Role Interview - WRI
- Occupational self assessment - OSA
- Assessment of Work Performance - AWP
- Grip strength, sock test, 1 min stand-up-test
- Gibbons 6 min walking test
- Norwegian function scale
- Fear-Avoidance Belief Questionnaire (FABQ)
- Depression Anxiety Stress Scale (DASS)
- And others.....

ICF Classification

- ICF evaluation is done based on various tests and scales from the various disciplines
- The ICF coreset in use is based on EUMASS coreset for vocational rehabilitation



Vocational rehabilitation

The team makes a plan, in cooperation with the client, that is reevaluated every 4-5 weeks.

The rehabilitation is carried out 5 days a week and the program consist of:

- ✓ Choosing a working station and tasks for the assessment or training of the individuals strength and weaknesses, in work situations.
- ✓ Physical training.
- ✓ Interview and assessment with psychologist and social worker.
- ✓ Participating in various courses and groups.
- ✓ Assist in job seeking.



Assessment of workability

Make return to work more effective

- ✓ Assessment of workability, evaluation of physical, mental and social abilities. Including daily routine, participation and social interaction.
- ✓ Capacity to work is assessed practically, in real working situations in order to better observe how individuals manage various types of work, while also clarifying limitations and opportunities.



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Starfsendurhæfing 2016

Vocational rehabilitation 2015

Vocational rehabilitation is for individuals experiencing diminished capacity to work due to health reasons

35 Clients participated in the rehabilitation program

3 Clients participated in 4 weeks assessment of workability

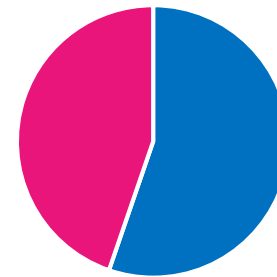
- The 38 clients had been out off work for the average of 2,2 years and up to 7 years before admitted to the program
- 15 of the clients had been out of work for longer than 2 years

Statistics 2015

Gender

21 Males

17 Females



■ Male ■ Female

Mean age 43,5 years

Male 43,4

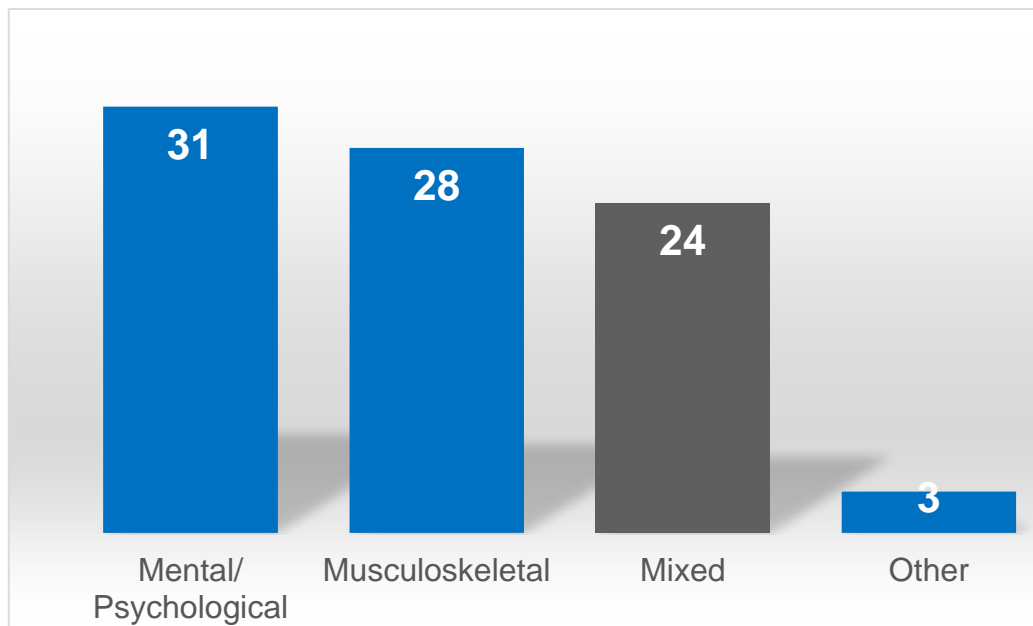
Female 41,8

Age range from 27 to 58 years

The majority lived in the capital area

Statistics 2015

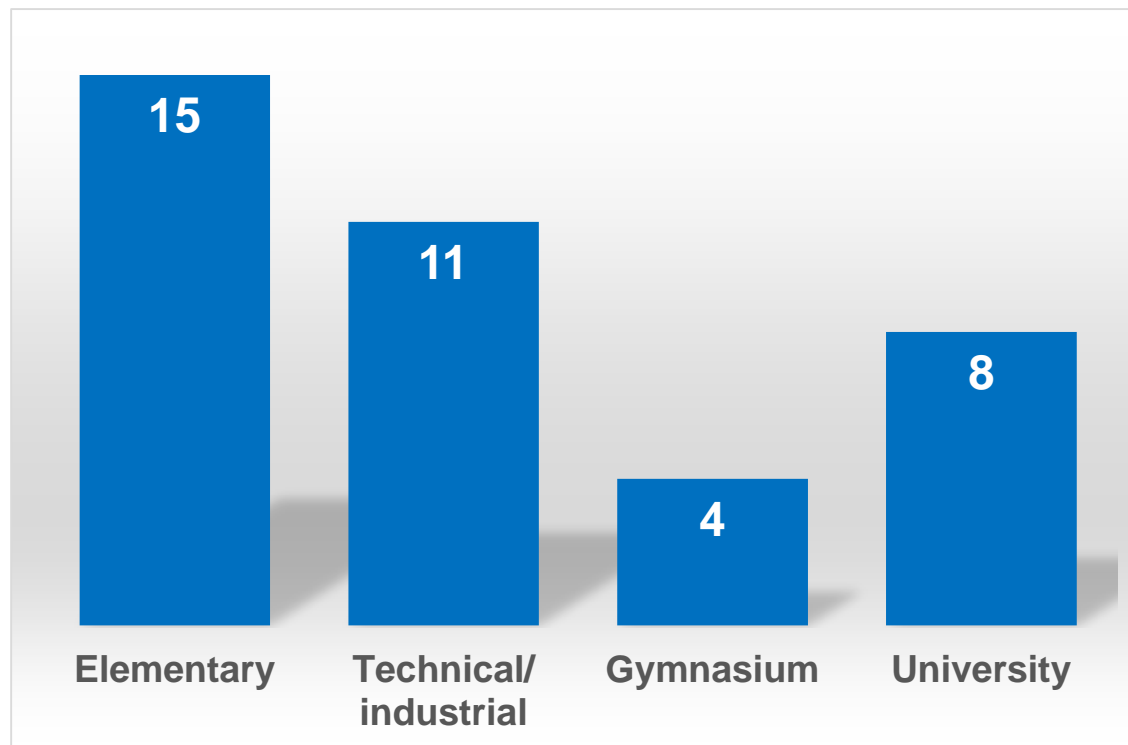
Diagnosis prior to treatment



24 Clients had both psychological and musculoskeletal problems

Statistics 2015

Education level



Duration of rehabilitation

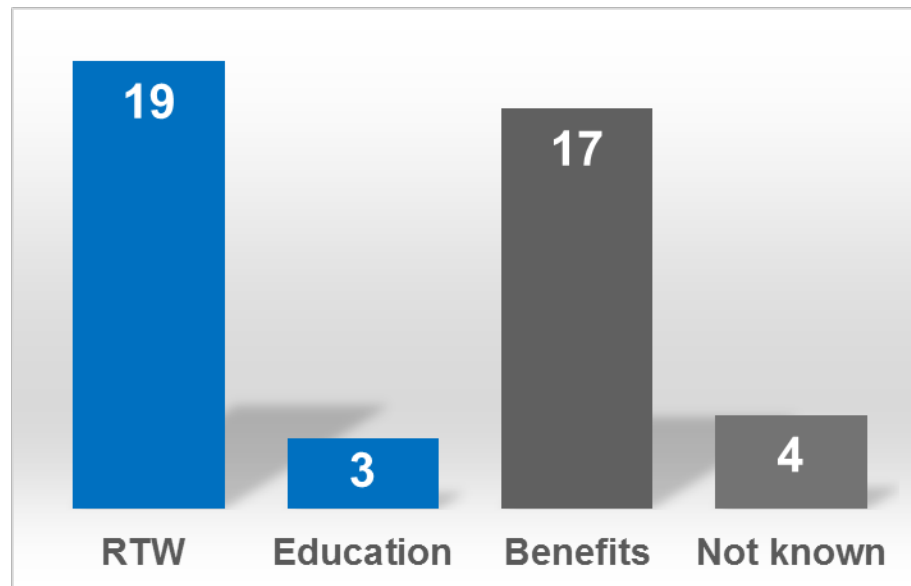
- ✓ The rehabilitation program is individually based
- ✓ The duration of rehabilitation ranges from 4 weeks assessment of workability to 16 months of rehabilitation

Results 2015

Total 38 clients

35 from the vocational rehabilitation program

3 from the workability assessment



- 58 % of the patients were working after the rehabilitation

Thank you



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