



Recovery and Wellness Initiative (RAWI)

We aim to reduce biopsychosocial barriers and physical deconditioning associated with not working through our Recovery and Wellness Initiative (RAWI) – providing holistic support to those with physical or psychological injuries, unable to return to work or life.

Our allied health professionals, based across Australia, engage with individuals to provide personalised support to assist with their recovery journey and enable an easier transition back to work and life.

RAWI sessions are conducted at an individual's home, wellness facility or a location within the community - tailored to the individual's lifestyle and wellbeing. We bring the same functional education and biopsychosocial approach to the community setting.

The RAWI is designed to provide holistic support, not just to those with physical injuries. The program is also designed to support people with psychological injuries who are unable to return to work or regular activities of daily living, either indefinitely or for a limited time, due to their mental health condition.

Benefits of the Initiative:

- Psychosocial education **limits** the potential for secondary overlay to impact return to work.
- Biological/Psychosocial support **minimises** the potential for pain, dysfunction, isolation, poor motivation, low mood or fear avoidance.
- Nutrition and diet advice **enhances recovery prospects** and minimises weight gain with reduced activity.
- Provides functional **education** for the safe and sustained performance of activities of daily living and the incorporation of these in everyday life.
- Prescribes **graded exercises** in collaboration with treating health professionals.
- Incorporates participation in medical **case conferencing** if or as required.
- Provides guidance on sleep hygiene, community engagement and social interaction as key features of **wellbeing** and recovery.
- The frequency of RAWI sessions is **tailored to meet individual needs** across a maximum of **eight weeks** intervention.

RAWI is recommended in cases where:

- Clients have a physical or psychological injury.
- Clients are struggling to engage in physical activity or their regular activities.
- Clients are not working or working < 25 hours per week.
- Clients have psychosocial barriers affecting their recovery.

RAWI – Restore Physical and Psychological Health

The evidence is in – exercise is an increasingly effective and beneficial front-line therapy for improving mental health. Our allied health professionals understand that exercise tailored for mental health conditions should not be structured but rather focus on encouraging individuals to add more of the things they enjoy, such as walking in nature, into their schedule.

According to the Black Dog Institute, just 16 weeks of regular exercise has been found to be equally effective as antidepressant medication in the treatment of mild to moderate depression.

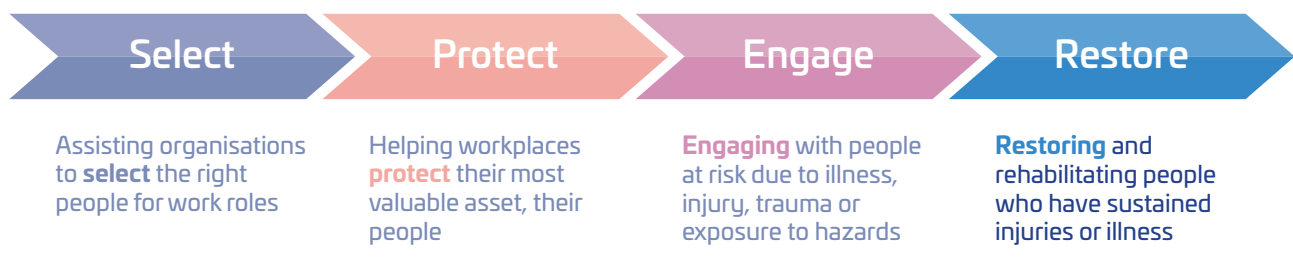
Collaboration with Stakeholders

We view collaboration with other stakeholders such as a treating doctor, psychologist, physiotherapist or rehabilitation provider, as key to the success of RAWI. Past RAWI participants have enjoyed the personalised nature of the program, appreciated the support provided by all stakeholders and measurable improvements in their general lifestyle.

RAWI Remote

We also engage with clients via telehealth to deliver the initiative, through a series of on-line sessions, to restore the physical and psychological health of those based remotely.

Altius Group has years of experience identifying barriers and implementing effective solutions. We have an in depth understanding of how to engage with clients to build healthy teams of people and a productive, successful workforce. Industry based evidence and insight, conversations with our clients and our world class industry knowledge, enable us to stay ahead of emerging needs to deliver holistic support services to organisations across the lifecycle of their people's employment.



Get in touch with us:

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