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Helping People with Brain Injuries Return to Work and Community Activities

What is the project about?

After a brain injury from a motor vehicle accident, many people face challenges returning to work or participating in community activities. This project piloted a new treatment package that combines two approaches: the Progressive Goal Attainment Program (PGAP) and vocational rehabilitation. The treatment package aims to help people build confidence, develop coping skills, and work toward employment or community participation goals.

What did the team do?

Seven people who were participants of the Lifetime Support Authority (LSA) took part in initial interviews, and four undertook the program. The program ran for up to 22 weeks and included:

- Weekly sessions with rehabilitation counsellors
- Goal-setting activities
- Help with job-seeking skills
- Support for returning to community activities

What did the team find?

The program showed promising results:

- Participants reported feeling more confident and in control of their daily activities
- People learned practical skills for managing their time and energy
- The program helped participants accept and adapt to changes after their injury
- Participants valued having someone who understood their challenges and could provide targeted support
- Those who completed the program showed improvements in their readiness for work or community activities

Who will use the results?

- Rehabilitation counsellors and healthcare providers
- The Lifetime Support Authority
- Organizations supporting people with brain injuries
- Researchers developing programs for brain injury rehabilitation

How will the results be used?

The findings will help:

- The development of future treatment programs for people with brain injuries
- Train rehabilitation counsellors in effective support techniques
- Design better services for LSA participants
- Guide further research in this area

How will the project outcomes impact its beneficiaries?

People with brain injuries will benefit from:

- Improved confidence in daily activities
- Greater understanding of how to manage challenges
- More tailored assistance for their specific needs

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