



Work Simulation Program – Simulating Any Job, Any Complexity, For Everyone’s Disability or Injury

Imagine a tailored approach that empowers not only those recovering from injuries but also individuals with disabilities who are navigating their career paths. This approach uses real work tasks to help you achieve your work goals. At WorkGain, we’ve been refining this method for the past 7 years. We are pioneers in this field and remain the only company in South Australia offering this unique service. Here’s how it works:

Customised Career Advancement: Work Simulation is more than a standard program. We use actual work tasks as a tool to help you achieve your work and career goals. It’s a method our clients can relate to, feel comfortable with, and find familiarity in.

Measuring Tangible Progress: You’re in a secure environment, closely monitored by our health professionals. As you engage with these work tasks, we’re right there with you, tracking your real progress. It’s all about your goals, which are tailored to your needs.

Collaborative Action: We believe in the power of teamwork. Together with individuals recovering from injuries, people with disabilities, medical experts, employers, and case managers, we design and implement specific work tasks. There are no one-size-fits-all solutions here—each plan is as unique as the individual it’s developed for.

Promoting Holistic Recovery: Work Simulation is more than just rehabilitation. It’s a stepping stone towards returning to work and reclaiming your functionality in all aspects of life, whether you’re recovering from an injury or living with a disability. It’s about empowering you to live a fulfilling life, regardless of your circumstances.

When can we assist?

- Uncertainty around someone’s physical, psychological and cognitive capacity for work tasks
- Unsure about what future work one could do
- High pain intensity and quality
- High perceived disability which is impacting on home, work, recreational or social activities
- Excessive pain focus and fear of aggravating pain through work or normal daily activity
- Beliefs of having a negative future prognosis or that work activities were unsafe
- Poor pain related self-efficacy, poor belief in own self-management of pain
- Prominent psychological distress including anxiety and depressive symptoms, poor coping
- Perception of non-supportive workplace, suitable duties not available early in injury

How to refer to WorkGain

Case manager (RTWSA):

- Referrals via portal (Fit For Work or Pre-injury).

Case manager (other):

- Referral link - <https://workgain.com.au>

Doctor:

- Medical certificate / letter sent via email:
admin@workgain.com.au or fax: 08 8180 1772

Employer:

- Referral link - <https://workgain.com.au> or
- Discussion with a case manager

NDIS

- Referral link - <https://workgain.com.au>



Testimonials and Research

“WorkGain transformed my life. Their caring mix of medical and emotional support, along with the biopsychosocial approach, restored my strength and confidence.”

“Given the opportunity, I regret not coming to WorkGain sooner during my recovery. I'm confident I would have healed and resumed work more quickly.”

“WorkGain was a turning point. Their rehab, guided by Dr.Boris and Toby, offered a complete path to recovery. Their support was crucial.”

Dorstyn D., Fedoric B., et al. (2023) Client and staff perspectives regarding effective work injury rehabilitation. *Australian Health Review* 47, 339–343.

Dorstyn D., Fedoric B, et al. (2024) 'The Value of Work Simulation Rehabilitation: A Qualitative Study'. *Journal of Vocational Rehabilitation*, 1 Jan. 2024 : 1 – 9.

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Unique expert knowledge brought in early

WorkGain is a unique provider from South Australia, specialising in clinical physiotherapy, psychology, rehabilitation, and career counselling. Our approach involves supervised simulations of work (or daily) tasks, closely overseen by the aforementioned health professionals. Through this process, we facilitate a targeted approach, tailored to address physical, cognitive, and psychological barriers and/or disabilities, applicable to both work and home life. We actively involve injured individuals, people with disabilities, medical experts, employers, and case managers in designing personalised programs for building work capacity and enhancing activities of daily living. It's a holistic approach that ensures a smoother transition back to achieving your goals and enhancing productivity.

Evidence demonstrates that early and targeted involvement in cases of injuries or disabilities results in better outcomes. Beyond work simulations, we offer a comprehensive suite of early intervention services. These are designed to assess and enhance an individual's capacities in work, career, and daily living. Our unique expertise in work, rehabilitation and career development comes into play right from the onset of any injury or disability. The goal? To deliver optimal services focused on your goals and outcomes, and to facilitate successful employment, return to work, and reintegration into daily life.

Our Services

- Work Simulation Program (under Pre-injury or Fit For Work Services)
- Rehabilitation, Career Counselling and Job Seeking
- Return to Work Services (Pre-injury, Fit For Work, Restoration)
- Functional Capacity Evaluations (Work Specific and Standardised)
- Activities of Daily Living (grading up or down)
- Worksite and Psychosocial Risk Assessments
- Early Intervention and Biopsychosocial Counselling
- Independent Clinical Assessments
- Onsite Clinical Services / Manual Handling
- Pre-Employment / Ergonomic Assessments
- Drug / Alcohol / Hearing Testing



Results

6 week program



Work Simulation is not the same as Work Hardening

Work simulation is often confused with work hardening, but they are fundamentally different. Work simulation incorporates real-time input from physiotherapy, organisational psychology, and rehabilitation counselling. It exposes people to high-stress, high-pressure, physically demanding, awkward, high-risk, and cognitively loaded tasks in a safe and graded manner. This approach not only prepares individuals for the "good" parts of work but also for the "bad and ugly" aspects, thereby truly testing their readiness and building their confidence.

FAQs

- I am unsure what specific work capacity I have?
- Do I have to be completely fit to undertake the WorkGain program?
- Can I undertake work specific rehabilitation post surgery?
- What ability do I have for Activities of Daily Living at home?
- I am unsure what I want to do and what specific work capacity I have?
- I have a psychological injury, can you undertake graduated exposure to work stressors?
- Before training, can I physically do the specific job in question?
- What is the process for work simulation?
- What is the frequency of the work simulation program?
- How long does WorkGain program go for?

Find out more on our website
<https://workgain.com.au>

or scan this QR code:

