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The Donley Rehabilitation Center



## The Donley Rehabilitation and Education Center

RHODE ISLAND DEPARTMENT OF LABOR AND TRAINING, DIVISION OF WORKERS' COMPENSATION

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## The Donley Rehabilitation Center has a single goal:

**We seek to restore every Rhode Island injured worker to health, social independence and optimal working capacity by providing premier quality comprehensive rehabilitation services.**

### How we serve the injured workers of Rhode Island...

**One of the most important Workers' Compensation benefits provided by the Rhode Island Workers' Compensation Act is the injured worker's right to rehabilitation services. Rehabilitation is a process that restores injured workers to health, social independence and gainful employment through participation in a range of services.**

**The Dr. John E. Donley Rehabilitation Center provides services exclusively for employees who were hired in Rhode Island. The Center is committed to restoring injured workers to productive lives through advanced and effective methods of rehabilitation.**

**The Donley Center is unique in having assembled a multidisciplinary team of nurses, physical therapists, behavioral psychologists, vocational counselors and physicians working together in one place to provide comprehensive individualized treatment programs essential for effective and efficient recovery. This is a benefit that no other state in the United States offers.**

**The injured worker's part in their rehabilitation process is a desire for good health and commitment to the effort necessary for recovery.**

## Eligibility

Services at The Donley Center are provided as a benefit of the State of Rhode Island's Workers' Compensation system and therefore no fee is involved. Clients are eligible for Donley Center services if they were hired in Rhode Island and their employer has paid into the Workers' Compensation Administrative Fund Account.

### Admission

To be admitted to The Donley Center, injured workers must be referred by one of the following:

- ◆ Treating Physician
- ◆ Workers' Compensation Judge
- ◆ Self Referral for Vocational Services

The earlier the injured worker is referred, the better their chance for recovery.

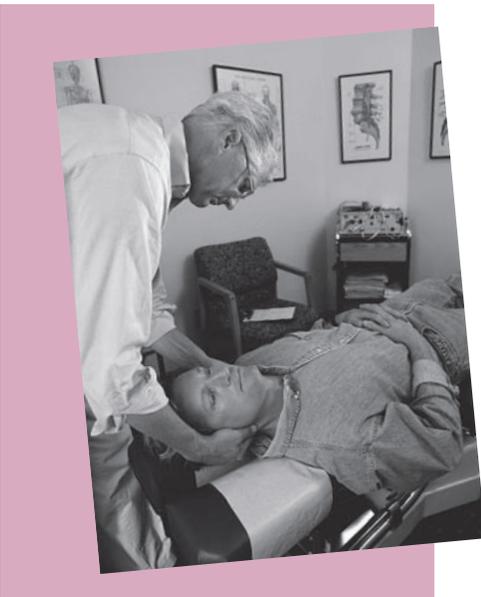




## Intake Process

At the initial visit to The Donley Center, clients meet with a registered nurse who completes an intake evaluation, reviews secondary medical issues, reviews the details of the work injury and discusses those services that will assist in achieving the goal of returning to work. Throughout treatment, the nurse coordinates the program and is available to the clients to address questions or concerns.

Following evaluation by the nurse, a physical therapist also evaluates the client. Using the evaluation results, a team of rehabilitation specialists designs a treatment program tailored to the client's rehabilitation needs.



## Donley Center Physician

Our Donley Center physician assesses patients for medical conditions that relate to total health and provide input into the rehabilitation program. Our physician may also help to facilitate communication by acting as a liaison between the Center and the patient's referring physician and other health care providers.

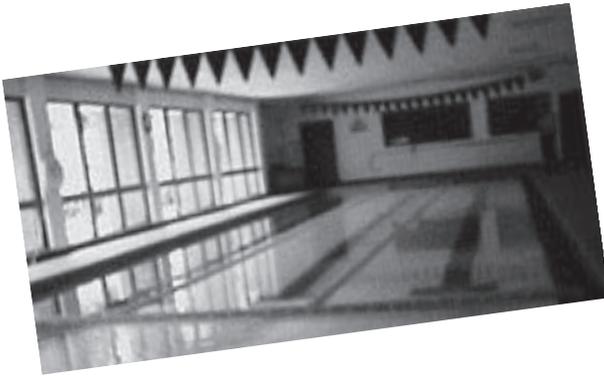
## The Doctor's Role

The treating physician directs the rehabilitation program and remains the primary care physician. Clients are encouraged to see their physician at any time during the course of treatment at The Donley Center.

# Rehabilitation Services Available

## Physical Therapy

Physical Therapy is frequently a central component of the rehabilitation program. Through various forms of therapeutic exercise, injured workers regain strength and flexibility. Our clients are also taught safe and effective ways to perform home and work activities.



## Aquatic Therapy

The aquatic environment is an ideal setting for working with painful conditions. Our therapeutic pool is heated and this promotes relaxation. Exercising in the water reduces the effect of gravity and this often allows clients to regain movement with less tension and effort.

## Occupational Therapy

Injured workers with complicated elbow, wrist or hand injuries may receive occupational therapy. The occupational therapist has special training in the treatment of upper extremity injuries. In addition to exercise, the occupational therapist is able to make splints and provide suggestions for adaptive equipment.



## Work Hardening

Work hardening therapy is an important part of the rehabilitation effort. Through the use of work simulation activities, the physical demands of any job can be reproduced. Performing these tasks in our controlled and supervised work therapy area allows the progressive and safe restoration of strength, endurance and confidence necessary for a successful return to work.

The Donley Center staff may visit the work site and recommend work site modifications when appropriate. Specialized testing known as a Functional Capacity Evaluation enables us to determine an injured worker's present work capacities and to develop realistic goals for the future.



## Educational Workshops

The Donley Center offers a variety of workshops. We hope that through gaining understanding from an educational process, the injured workers become more invested in their process of rehabilitation.

**Donley Center Orientation:** Educational workshop designed to give injured workers an overview of available services and answer any general questions they may have.

**Chronic Pain Management:** Educational workshop designed to expose injured workers to concepts in managing chronic pain and prepare them for treatment (offered in Spanish as well).

**Stress Management:** Educational workshop that explains the relationship between stress and pain, and concepts for managing this relationship.

**Spine School:** Educational workshop that explains the “whys” of recommended body mechanics.

**Vocational Orientation:** Educational workshop designed to give the injured worker a comprehensive review of the services available in the Vocational Resource Center (also offered in Spanish and Portuguese).

**Job-Seeking Skills Workshop:** A five-day instructional workshop that prepares the injured worker to identify and respond to appropriate job opportunities; we review interviewing skills and proper techniques for following up on their job-seeking contacts.



## Additional Rehabilitation Services

### Vocational Services

Vocational services are an essential part of an injured worker’s rehabilitation program if it is necessary to explore return to work options other than his or her pre-injury occupation. A vocational counselor will meet with the injured worker and review his or her work history to determine existing skills that may be applied to new occupations. Participants will be guided through their occupational exploration, and the vocational counselor will develop an individualized vocational rehabilitation plan to meet the specific needs of the injured worker.



The Vocational Department’s focus is on preparing the injured worker to function independently in their search for appropriate work opportunities. We provide job preparation workshops, computer skills training, GED pre-testing (and remedial tutoring for GED testing success), and CareerScope interest and aptitude testing. Weekly job club sessions provide continued support to injured workers active in their job search.

The Vocational Resource Center is available to all Rhode Island injured workers for information, career planning and job search assistance, regardless of their Workers’ Compensation claim status.

In addition, we encourage all injured workers to take advantage of our one-month job search preparation program. This “Fast-Track” program consolidates the job-seeking skills workshop, computer skills workshop and job placement activity to reduce admission time and create independence.

## Rehabilitation Counseling and Education



Education and counseling are core parts of the rehabilitation process, and address the changes and reactions that normally occur following a work-related injury. Workshops and individual counseling are offered to support an injured worker's treatment and recovery. Workshop topics include pain, stress and anger management.



## Comprehensive Pain Management Program

The Donley Center is able to offer chronic pain rehabilitation to those injured workers with the complex and challenging condition of chronic pain. An interdisciplinary team uses the combination of their skills to address the physical, emotional and social dimensions of pain, in order to help restore function, improve skills in coping with pain and facilitate return to work.

A variety of treatment strategies may be employed, including: motivational interviewing, relaxation, exercise, myofascial release, goal-setting, pacing, lifestyle changes, problem-solving, acceptance therapy and "re-framing."



Goal-oriented and time-limited, this program is usually five to eight weeks long. While the general philosophy and model are the same for all participants, the program itself is tailored to individual need.



## Interpreters

Interpreters are available upon request for most languages.

## Tours of The Donley Center

Tours of The Donley Center are available upon request prior to referral or treatment. A tour can be arranged by contacting our facility at (401) 243-1200. You can also visit us at our website: [www.dlt.ri.gov/donley](http://www.dlt.ri.gov/donley)



## Directions to The Donley Center

The Donley Rehabilitation Center is located on Providence's East Side and is easily accessible from the Interstate Highway System.

- ♦ To reach The Donley Center from Interstate 95 North or South, take Interstate 195 to Gano Street, Exit 3.
- ♦ Turn right onto Gano Street and continue to the first traffic light at Pitman Street.
- ♦ Turn right onto Pitman Street and follow to the bottom of the hill to Butler Avenue.
- ♦ Take a left onto Butler Avenue and follow it straight until it comes to a fork. Bear right onto Blackstone Boulevard. The Donley Center is approximately 0.6 of a mile on the right at # 249 Blackstone Boulevard.
- ♦ Our phone number is: (401) 243-1200.

