

The Donley Rehabilitation Center provides rehabilitation services to help injured workers who are receiving RI Workers' Compensation return to work.

The Donley Center is funded through a special Workers' Compensation fund paid for by Rhode Island employers. Services to the injured worker are free of charge. Approval by an insurer is not required to receive our services.

Injured workers are referred by:

- ◆ an attending doctor,
- ◆ the Workers' Compensation Court, or
- ◆ a self-referral

Psychological services are limited to discussions directly related to the work injury being covered under Workers' Compensation.



If you are receiving Rhode Island Workers' Compensation or if you have settled your case, you are eligible to receive Vocational Rehabilitation services.

Please contact our Vocational Services and Resources department at (401) 243-1222 or (401) 243-1237.



Workers' Compensation Division
**The Dr. John E. Donley Center
for Rehabilitation**

249 Blackstone Boulevard
Providence, RI 02906

Phone: (401) 243-1200 | Fax (401) 222-3887

www.dlt.ri.gov/donley

Donley photos by *Joseph Giblin Photography*

DLT is an Equal Opportunity Employer/Program. Auxiliary aids and services are available upon request to individuals with disabilities. TTY via RI Relay 711 MDF 3/11

a Division of Workers' Compensation

Rehabilitation, Counseling and Education



**Individual
and
Group
Sessions**



Rehabilitation, Counseling and Education

Counseling and education are core parts of rehabilitation. They provide support and teach injured workers what they can do to make the best progress with their rehabilitation.

Group sessions are an opportunity for learning and discussion. They focus on the changes and reactions that normally occur following a work-related injury.

Group session topics include: pain management, stress management, anger management, return to work and workshop follow-up. Ask us about our Physical Therapy brochure for related sessions.

Individual counseling is available to help with the specific challenges injured workers face after a work-related injury. This counseling is limited to discussions directly related to the work injury covered under Workers' Compensation.



Rehabilitation sessions focus on a variety of topics and generally combine lectures, discussions and demonstrations. * These are two-session classes.

***Focus on *Stress* - STRESS HAPPENS!**

This class shares information about something none of us can avoid. It discusses what stress is, how it affects us physically and emotionally, and what we can do about it. We also discuss why it is a topic that is an important part of rehabilitation.

***Focus on *Pain* - "I KNOW WHAT I FEEL; WHAT ELSE DO I NEED TO KNOW?"**

This class shares information about medical science's current understanding of the complex problem of pain. Topics discussed during the class include how pain is addressed in rehabilitation, the different types of pain, and the strategies that you can learn to help move beyond pain. This session is also offered in Spanish.

*** Focus on *Anger* - SO WHO WOULDN'T BE !*#!**

This two-session class was developed because there can be many frustrating events associated with being injured at work. The class discusses how anger can affect us physically, emotionally and socially. We will discuss the myths about anger and how to keep anger from becoming a problem. We also discuss why it is a topic that is an important part of rehabilitation.

Focus on *Returning to Work* - ARE YOU READY TO RETURN TO WORK?

It is normal following an injury to have questions and concerns about returning to work, such as "Can I keep up?"; "How will I be treated?" or "What happens if...?" Join other injured workers for an opportunity to talk about returning to work. Get information, discuss concerns and share ideas that will help make your return to work a success.

Workshop Follow-Up I STILL HAVE MORE TO TALK ABOUT AND MORE QUESTIONS!

This class gives those who have completed one or more workshops an opportunity to ask any remaining questions and continue discussions.

See your nurse to sign up for workshop sessions!

