Workers: Activity coaching can help you get back to doing what you love

A treatment program to increase activity through the Progressive Goal Attainment Program (PGAP®)

Have you found yourself unable to return to your normal activities and enjoyment of life following an injury or illness? Working with an Activity Coach will help you regain control of your life and increase your participation in your daily activities.

You will continue your other medical treatment while working with the Activity Coaching program.

How can Activity Coaching help you?

Working with an Activity Coach will help you:

- Increase quality of life.
- Resume activities that once gave your life a sense of meaning and purpose.
- Help you recover from your injury or illness.
- Return to work.

Getting started

In your first session, you will meet for 90 minutes with a professional who has received special training through the Progressive Goal Attainment Program (PGAP®). Your coach will ask you to:

- Discuss your injury.
- Complete five one-page questionnaires.
- Watch a video presentation.

You will receive a workbook containing the information and activity logs you will use each week.

How long will the program last?

You will meet weekly with your Activity Coach for one hour and will receive a maximum of 10 coaching sessions. In addition to your initial 90-minute meeting, mid-term assessments of your progress can also last up to 90 minutes.

Washington State Department of
Labor & Industries

Commitment is the key

You will be involved in all aspects of activity planning. Your coach will never ask you to engage in any activity before you are ready for it.

What if you can't keep an appointment?

Call your activity coach right away. If you miss an appointment and do not call, you may not receive any more coaching sessions.

Feedback from Activity Coaching Program participants

"This program has given me the tools to live a better life, dealing with my pain. I feel more in control of my injury now." — Tammy L.

"It's a program where you have someone on your side, cheering you on and helping to build your self-esteem. It has helped me get my life back." — Amanda K.

Questions?

Susan Campbell, Department of Labor & Industries
360-902-5053 or Susan.Campbell@Lni.wa.gov

Upon request, foreign language support and formats for persons with disabilities are available. Call 1-800-547-8367. TDD users, call 360-902-5797. L&I is an equal opportunity employer.

PUBLICATION F280-061-000 [04-2016]