



MAP

METRICS ACTIVATION PROGRAM

Do you know someone who has been unable to return to work for at least six weeks following an illness, injury or accident?

Metrics Vocational Services is now offering 4 or 6 week activation programs, targeting individuals who have been unable to return to work or fully engage in their activities of daily living for a duration of six or more weeks, or who are at risk of leaving the workforce, due to ongoing physical or mental health challenges.

MAP was developed using evidence-based best practices in vocational rehabilitation and utilizes current, data driven methodologies. An Activation Facilitator will provide weekly one-on-one sessions with participants to coach them to address the areas of self-care, productivity and leisure.



FUNDAMENTAL PRINCIPLES

Self-Efficacy

MAP addresses the need for individuals to believe in their own ability to achieve goals, in the presence of barriers and challenges

Motivational Interviewing

MAP utilizes the philosophy that the participant and the facilitator work in partnership and collaboration.

Goal Setting

MAP supports participants to set goals, and also ensures the development of action and coping plans, along with weekly feedback sessions.

Self-Care, Productivity and Leisure

MAP addresses multiple facets of an individual's life, promoting a return to meaningful activity in all domains, as based on the Canadian Occupational Performance Measure (COPM).

Metrics Vocational Services

845 Wilson Ave, Ste 202
North York, Ontario
M3K 1E6

1-800-505-3405
rehab@metricsvocational.ca
www.metricsvocational.ca

Metrics Activation Program

MAP

Why should a participant be referred to MAP?

- MAP is designed for participants who have been unable to return to work and / or perform their functional activities of daily living for the past six weeks or more, because of illness, accident, or injury. Regardless of the barriers or challenges, MAP focuses on strengths and abilities, through empowerment and confidence building.
- MAP concentrates on the development of goals and self-efficacy through motivational interviewing approaches. Goals and action plans are driven by the participant with oversight from the Activation Facilitator to enable them to see progress as they return to their previous pursuits and activities.
- The intention of MAP is to help participants to get “unstuck” and move forward from a disability mindset, while gaining traction towards their long-term goals in the workplace, home, and community.

What do MAP participants receive?

- Participants will receive an electronic and hard copy of the MAP Participant Workbook to use throughout and after the program. This workbook will guide the participant through structured weekly activities that address relaxation exercises, relevant motivational videos, weekly homework activities and weekly review of their individualized goals and action plans.
- Participants will receive individualized, one-on-one weekly sessions (by telephone or secure video conferencing) to facilitate setting their goals, develop action and coping plans, and receive supportive and constructive feedback.
- Participants will undergo data collection at the outset and closure of the program, as well as follow up at 6 and 12 months after MAP, to measure their progress and the sustainability of their goals.

How long is the MAP program?

- There are two versions of the MAP program – tailored to meet the needs of the participant.
- The four-week schedule includes a pre-program session to introduce the program to the participant, four weekly sessions, and a wrap-up session to conclude the program and discuss strategies to utilize beyond MAP. The four-week option is primarily intended for individuals who are receiving STD benefits and / or have minimal barriers to their functional activities.
- The six-week schedule includes two additional weekly sessions. The six-week option is primarily intended for individuals who are receiving LTD benefits, have significant barriers to their functional activities and / or who have been unresponsive to other treatment approaches.

What does the MAP program cost?

- The four-week program has a cost of \$1500, plus the cost of shipping the workbook, plus applicable taxes. It is anticipated the Activation Facilitator will provide approximately 15 hours of direct and indirect support to the participant.
- The six-week program has a cost of \$1900, plus the cost of shipping the workbook, plus applicable taxes. It is anticipated the Activation Facilitator will provide approximately 19 hours of direct and indirect support to the participant.
- MAP Initial Report will be provided to the funding source after the first week’s session, and a MAP Final Report will be provided after the wrap-up session, which is included in the total costs above.

How is a client referred to MAP?

- By Phone: 1-800-505-3405
- By email: rehab@metricsvocational.ca
- Via the website: www.metricsvocational.ca
- By contacting any Metrics Vocational Services team member

