

Job Capacity Account Services

Merendi Health & Wellness' Job Capacity Account (JCAc) services are short-term interventions designed to assist job seekers to become work ready, whether they require psychological and/or work conditioning, behavioural change or social case work. All our services are provided by appropriately trained professionals and are offered in a supportive and non-judgmental environment. All services are offered on an individual basis, therefore ensuring each job seeker's sessions are focused towards their specific needs and goals. We understand that each job seeker's needs may be different and therefore the number of sessions used will vary to meet the requirements of the job seeker.

We offer the following JCAc Services;

Pain Management Program

This program focuses on educating job seekers on how to modify their behaviour and thought patterns regarding their chronic pain. This program also teaches job seekers active coping skills to improve their quality of life despite their chronic and persistent pain. During the program they will also learn relaxation to enable them to manage and reduce the effects of chronic pain. The education is combined with a physical conditioning program to assist with rebuilding the job seeker's physical fitness (core body strength, muscular endurance) and general function (sit, stand, sustained work postures, repetitive movements, squat, lunge, walk etc) to ensure that they can return to their previous job or to find and sustain paid employment.

This program is most suited to job seekers who are;

- pain focussed and report poor coping strategies,
- suffering from anxiety or depression as a result of suffering from chronic pain,
- heavily reliant on medication,
- suffering from chronic musculoskeletal pain for 6 months or more,
- afraid to perform home and/or work activities due to fear of reaggravation of their pain,
- have mobility issues (i.e. unable to get in and out of car, use a walking stick, unable to climb stairs etc),
- have difficulty performing activities of daily living,
- have reduced participation in social and leisure activities due to pain,
- suffering from episodes of fluctuating pain levels,
- have poor endurance and limited physical fitness,
- have found conservative treatment (i.e. physiotherapy, chiropractic) no longer works.

Cognitive Behavioural Therapy Program

This program aims to assist job seeker's who may be suffering from anxiety, depression, loss and grief issues, low self esteem and confidence issues, substance abuse, relationship issues, and may have a lack of vocational direction. We assist the job seeker to identify the links between their thought patterns and subsequently their current behaviour. We concentrate on identifying a job seeker's negative thought patterns and provide education and guidance on how they can best replace these negative thought patterns with positive thought patterns, which will lead to more useful and proactive behaviours. We guide the job seeker to overall better manage their condition/s and this program is goal orientated to better equip the job seeker with proven cognitive behavioural strategies to make them more job ready.

This program is most suited to job seekers who are;

- suffering from anxiety and/or depression,
- suffering from loss and grief issues,
- suffering from low self esteem and confidence issues,
- suffering with substance abuse,
- experiencing relationship issues,
- lacking vocational direction,
- heavily reliant on medication,
- have difficulty performing activities of daily living due to depression/anxiety,
- have reduced participation in social and leisure activities due to symptoms of depression/anxiety,
- suffering from episodes of fluctuating mood levels,
- lacking motivation,
- experiencing endurance and reliability limitations,
- experiencing difficulties managing their current medication,

Personal Counselling Program

This program benefits job seeker's whose personal issues may be impacting on their ability to look for work and ability to maintain employment. This counselling will also assist those job seekers who have both vocational and non-vocational issues that may be also impacting on their job readiness and employability. We assist the job seeker to understand and confront their personal issues that they may be currently facing, which could be impacting on their ability to work. This program aims to give the job seeker the necessary tools and knowledge to better handle their personal issues and enable them to have the confidence and motivation to find and secure employment.

This program is most suited to job seekers who are;

- suffering from loss and grief issues,
- suffering from low self esteem and confidence issues,
- suffering with substance abuse,
- experiencing relationship issues (inc domestic violence, marriage breakdown),
- have a lack of vocational direction,
- suffering from episodes of fluctuating mood levels,
- lacking motivation and clear vocational direction,
- experiencing endurance and reliability limitations,
- experiencing anger issues

Behaviour Change and Behaviour Modification Program

This program assists job seeker's who may have behaviours which affect their employability. We use behavioural techniques that are aimed to teach job seeker's new skills such as problem solving, assertive communication, impulse control, anger management and activity scheduling. We also focus on developing more effective behavioural responses through positive reinforcement and other behavioural techniques.

This program is most suited to job seekers who are;

- suffering from low self esteem, motivation and confidence issues,
- suffering from loss and/or grief,
- suffering with drug and alcohol issues,
- experiencing relationship issues,
- experiencing problems dealing with anger,
- lack motivation to manage their own affairs and/or reliability to attend appointments,
- socially isolating themselves from friends and family,
- experiencing difficulties socialising within their community,
- have a lack of vocational direction and work goals,
- have reduced participation in social and leisure activities

Work Fit Program

Our work conditioning program prepares job seekers physically and functionally to enable them to return to work, assist them in commencing a physically demanding job or to successfully gain vocational employment. This program also aims to assist job seekers to address lifestyle related barriers such as nutrition, exercise and other health related issues. The program involves functional and postural education, structured functional based exercise, and general education of health and wellness.

This program focuses on:

- improving functional tolerances
- increasing fitness levels
- rehabilitating from an injury
- prevention of re-injury
- developing self-management rehabilitation

This program is most suited to job seekers who are;

- unable to return to their previous job due to a pre-existing injury,
- experiencing a current or reoccurring musculoskeletal injury,
- physically unfit to perform the job they desire or to return to their previous job,
- unable to perform current work activities due to poor fitness,
- have mobility issues,
- have difficulty performing activities of daily living,
- have reduced participation in social and leisure activities due to poor fitness,
- have limited fitness and endurance or are are physically inactive and deconditioned,
- have a chronic medical condition (i.e. Diabetes, Heart Disease, Arthritis, Osteoporosis),
- highly motivated,
- have poor lifestyle and wellness management,
- have minimal understanding of functional issues related to the management of their condition.

Office Locations

All Merendi Health & Wellness offices are accessible by bus and/or trains, and are located within close proximity to relevant Centrelink offices. All our offices have toilet facilities, disability access, reception and comfortable waiting area for clients.

Caboolture
Suite 1/17 Hasking Street
Caboolture Qld 4510

Strathpine
4/255 Leitchs Road
Brendale Qld 4500

Redcliffe
249 Oxley Avenue
Margate Qld 4019

Kawana – Sunshine Coast
Level 1, 5 Innovation Parkway
Birtinya Qld 4575

Noosa – Sunshine Coast
Unit 2, 1 Gateway Drive
Noosaville Qld 4566

Gympie
58 Channon Street
Gympie Qld 4570

Bribie Island
5/235 Goodwin Drive
Bribie Island 4507

All our JCAc programs are available at all above locations.

Fees

Each session is \$150 inc GST,
Exit Report is \$100 inc GST,
“Did Not Attend (DNA)” is \$110 inc GST

Professional Staff

All of Merendi Health & Wellness staff are registered or accredited with their relevant allied health professional association. All staff have a minimum of 2 years experience working within their chosen profession.

Referrals

All referrals and enquiries can be forwarded to our head office via;

P: 1300 881 536
F: 1300 881 538
E: administration@merendi.com.au
C: 4/255 Leitchs Road Brendale Qld 4500