

**REHABILITATION**  
**LEVEL 11 LECTURE**  
**BEHAVIORAL SCIENCES.**

**DEFINATIONS.**

**Definitions of rehabilitation**

- **The restoration of someone to a useful place in society**
- **Vindication of a person's character and the re-establishment of that person's reputation.**
- **Rehabilitation means; To restore to useful life, as through therapy and education or To restore to good condition, operation, or capacity.**
- **rehabilitate - help to readapt, as to a former state of health or good repute; "The prisoner was successfully rehabilitated"; "After a year in the mental clinic ...**
- **A sequence of services designed to restore optimum physical, psychological, social,**

**and vocational levels of function.**

## **SUMMARY**

### **Rehabilitate.**

- **To restore or repair, to make habitable again; To rescue from a state of decadence or decrepitude; To return to good graces in the eyes of society after committing but suffering punishment for a crime; The process of restoration of skills by a person who has had an illness or injury**

## **GOALS OF REHABILITATION**

**Rehabilitation of people with disabilities is a process aimed at enabling them to**

- ❖ **Reach and maintain their optimal physical, sensory, intellectual, psychological and social functional levels.**

- ❖ **Rehabilitation provides disabled people with the tools they need to attain independence and self-determination.**

## **INDICATIONS OF REHABILITATION**

**An estimated 650 million people live with disabilities around the world (WHO2010)**

### **Rehabilitation**

- i. Enhance the quality of life,**
- ii. And promote**
- iii. and protect the rights**
- iv. and dignity of people with disabilities**



**WHO guides and supports countries through local, national and global efforts to;**

- i. Increase awareness about disability issues,**
- ii. Improve disability data,**
- iii. Scale up public health programmes**
- iv. And community-based initiatives that promote health and rehabilitation**

**v. And make assistive devices available to persons with disabilities.**

## **TYPES OF REHABILITATION.**

**+ Health**

**+ Environmental**

**+ Other uses**

## **HEALTH**

### **Mental health**

- **Drug rehabilitation**
- **Rehabilitation (penology)**, the rehabilitation of criminal behavior.
- **Rehabilitation (neuropsychology)**, therapy aimed at improving neurocognitive function that has been lost or diminished by disease or traumatic injury. Rehabilitation (neuropsychology) of sensory and cognitive function typically involves methods for retraining neural pathways or training new neural pathways to ...

- **Psychiatric rehabilitation**, a branch of psychiatry dealing with restoration of mental health and life skills after mental illness (OCCUPATIONAL THERAPY/VOCATIONAL TRAINNING)

## **Technologies used**

- **Rehabilitation engineering**, the application of engineering sciences to design, develop, adapt, test, evaluate, apply, and distribute technological solutions to problems confronted by individuals with disabilities(SEWING MACHINES,FARMING IMPLEMENTS,GAMES,TELEVISION,MUSIC INSTRUMENTS,CARPENTRY, ETC.)
- **Rehabilitation robotics**, the use of robotic devices to augment rehabilitation(ARTIFICIAL LIMBS,PACEMAKERS,PROSTHETICS ETC)
- **Telerehabilitation**, the delivery of rehabilitation services over

# **telecommunication networks and the internet**

## **PROFFESIONALS IN MENTAL HEALTH REHABILITATION**

### **1. Rehabilitation psychologists**

**Rehabilitation psychologists consider the entire network of**

- + Biological,**
- + psychological,**
- + social,**
- + environmental,**
- + and political factors**

**That affects the functioning of persons with disabilities or chronic illness.**

## **Rehabilitation Counseling**

**Rehabilitation Counseling is focused on**

- + Helping people who have disabilities achieve their personal, career, and independent living goals through a counseling process.**

**Rehabilitation Counselors can be found in**

- + private practice,**
- + rehabilitation facilities**
- + universities,**
- + schools,**
- + government agencies,**
- + insurance companies**
- + And other organizations where people are being treated for congenital or acquired disabilities with the goal of going to or returning to work.**

**2. Occupational therapists**

**3. Physiotherapists**

## **Environmental**

- **Wildlife rehabilitation**, treatment of injured wildlife with the purpose of preparing it to return to the wild
- **Land rehabilitation**, the process of restoring land after some process (business, industry, natural disaster etc.) has damaged it
- **reclamation: the conversion of wasteland into land suitable for use of habitation or cultivation**

## **Other uses**

- **Political rehabilitation**      **Political rehabilitation is the process by which a member of a political organization or government who has fallen into disgrace is restored to public life.**



- **Wildlife rehabilitation** is the process of removing from the wild and caring for injured, orphaned, or sick wild animals. The goal of wildlife rehabilitation is to provide the food, housing and medical care of these animals, returning them to the wild
- **Religious rehabilitation**, which can follow **excommunication** if the faith's member demonstrates repentance

## **COMMON REHABILITATION TREATMENTS IN MENTAL HEALTH.**

**As the problem of addiction has gained public attention in recent years and become less stigmatized, people are becoming more aware of the different types of rehabilitation treatment available to addicts and their loved ones. Whether the addiction is due to**

** drugs,**

** alcohol,**

- ✚ **gambling,**
- ✚ **binging,**
- ✚ **purging,**
- ✚ **or starvation,**

## **Rehabilitation treatment involves**

- ✚ **a combination of both physical**
- ✚ **And psychological therapy under qualified practitioners.**
- ✚ **While some types of rehabilitation treatment are available to addicts on an outpatient basis,**
- ✚ **there are also rehabilitation clinics or centers which treat patients in-house as part of an intensive rehabilitation program**

**Some of the best-known outpatient programs for rehabilitation treatment include**

- 1. Alcoholics Anonymous (AA) for alcoholics,**
- 2. And Narcotics Anonymous (NA) for drug addicts.**

**There are also companion programs for each of these groups which assist the family and friends of addicts:**

- 1. Al-Anon for the loved ones of alcoholics,**
- 2. And Nar-Anon for the loved ones of drug addicts.**

**These programs are conducted on an outpatient basis, meaning their members attend meetings at their own convenience rather than living temporarily in a rehabilitation clinic or other facility.**

**AA, NA, Al-Anon and Nar-Anon programs operate in various locations across the globe, and can be found in the phone book or online.**

**In addition, many other specific addictions have their own 12-step support groups.**

## **Rehabilitation centers**

**Admit patients into a program which is typically onsite, lasting roughly 30-90 days.**

**In recent years, many rehabilitation centers have received public attention due to the media spotlight placed on public figures who have taken part in rehab programs.(TIGERWOODS)**

**If the patient at a rehabilitation center is struggling with a substance abuse problem, one of the first steps of rehabilitation treatment is **DETOX**, (detoxification)**

- i. This involves monitoring the patient for a set period of time while the drugs or alcohol are released from the system.**
- ii. Detox is often a painful process depending on the severity of the addiction,**
- iii. As the patient will undergo withdrawal symptoms associated with the substance he or she is addicted to.**

**In addition to detox and other medical components of rehabilitation treatment,**

**therapy or counseling is also integral to helping an addict with his or her addiction.**

### **Therapy sessions**

**Typically help patients uncover events in their lives which may have prompted them to consciously or unconsciously “self-medicate” with drugs or alcohol in an attempt to regulate their emotional state.**

### **Types of therapy**

- i. In addition to individual therapy, rehabilitation treatment may also include**
- ii. group therapy with other patients who are experiencing similar struggles with addiction,**
- iii. or family therapy, which includes the patient’s loved ones**

## **CHALLENGES OF REHABILITATION**

### **Rehabilitation**

- ❖ **Is a process that has a goal of restoring something that was lost.**
- ❖ **The loss may have occurred due to**
  - i. disease,**
  - ii. an accident,**
  - iii. Or the abuse of some type of substance such as alcohol or drugs.**

**Regardless of the type of rehab involved, patients who undergo this process of restoration often face **challenges** that are difficult for others to understand.**

**Fortunately, the challenges that face rehabilitation patients, while difficult to endure, can often help them emerge from the process stronger in both mind and body.**

## **Couple Counseling**

**Helping individuals live in healthy, peaceful relationships**

**One of the first challenges that rehabilitation patients face is**

**+ Dealing with their own feelings of self-doubt.**

**A. Accident victims are often still traumatized from the event that led to their current state of physical incapacity and find it very difficult to think that getting back their lives is even possible. In like manner,**

**B. Patients who are about to undergo drug rehabilitation may have a lot of trouble imagining a life without dependence on the chemicals that keep them in the bonds of addiction. Plunging forward in spite of these self-**

**doubts is often the first step in the road to a successful recovery.**

**✚ Patients who think they will never overcome the obstacles facing them.**

**A. This is particularly true when the patient is going through rehab to adjust to life without an eye, a leg, or an arm.**

**B. Even when loved ones try to hide their doubts, they are often picked up on by the patient,**

**C. And may feed their own doubts about the ability to adjust to their new circumstances and get back to the business of living.**

**✚ The slow process that is common in emotional and physician rehabilitation can often be maddening for rehabilitation patients.**

**A. This is especially true when there is some setback in the rehab therapy that**



**appears to indicate the patient is getting worse rather than better.**

**B. While in the throes of a setback, it is hard to remember that it is not unusual for patients to take a few steps forward only to go back a step or two from time to time.**

**C. During these periods when progress is slow or non-existent, the patient must often look away from the circumstances of today and focus more on where he or she wants to be several months from now.**

**✚ Most of the challenges facing rehabilitation patients are all centered around the issue of confidence.**

**A. Even patients with a strong will to recover can falter from time to time, and wonder if the effort will ever bear fruit.**

**B. For this reason, most rehabilitation centers will offer counseling along with physical therapy and other skill**

**building programs designed to help people recover their lives.**

**C. Trained counselors at these rehabilitation clinics can help the patients deal with the depression and sense of apathy that often takes hold when the therapy is not producing immediate results.**

**D. By assisting the patients to keep working toward recovery, the counselors play a major role in helping people in rehab emerge from the programs with the tools they need to rebuild their lives and begin enjoying life once more.**