

MENTOR PROGRAM OUTLINE

MY THERAPY

WHAT IS MY THERAPY?

My Therapy is a consumer driven, self-management programme, which can increase the dose of therapy participation through independent self-practice of exercises/activities outside of supervised therapy sessions. The program should be developed in collaboration between patient and physiotherapist/occupational therapist to ensure it represents a subset of routine therapy and reflects a goal orientated approach. However, it is the patient who chooses which exercises/activities are completed each day and how many times.

WHO IS MY THERAPY AIMED AT?

My Therapy is designed to meet the needs of patients working towards goals during a rehabilitation admission.

WHAT ARE THE BENEFITS OF MY THERAPY?

Supporting self-directed programs within an episode of rehabilitation not only empowers patients and families to be actively engaged in their health care, but when implemented early, assists in supporting more intensive practice and offers equal opportunity to every patient.

WHAT IS THE MY THERAPY MENTOR PROGRAM?

This six-week mentoring program aims to support leaders within rehabilitation teams to become a 'My Therapy Champion' with an aim to embed My Therapy as an additional resource within their current program.

WHAT IS REQUIRED TO BE A PART OF THE MY THERAPY MENTOR PROGRAM AND ARE THERE ANY COSTS?

There is no external cost to engage with the My Therapy Mentoring Program. There are some 'in kind' costs that include:

- i)** supporting clinicians to complete the online training module (1-2 hrs) and feedback sessions with mentors
- ii)** managers, team leaders, and key stakeholders meeting with mentors in the pre-implementation phase to ensure adequate planning is in place
- iii)** supporting allied health assistants to coordinate resource management (approx. 1 hour per week during implementation and 30 minutes per week beyond program)
- iv)** purchasing blue plastic pockets to support provision of program to patients (recommended by the My Therapy team)



MY THERAPY MENTOR PROGRAM OUTLINE

PRE-IMPLEMENTATION

- Consultation period with health service
- Identify My Therapy Champions
- Plan for implementation with key stake-holders
- Quality Improvement assessment commences

IMPLEMENTATION

WEEK 1-2

All staff complete My Therapy online training module

WEEK 2-3

Focus on consistency with procedures

Trouble-shooting

Behaviour change strategies introduced

WEEK 4-5

Feedback session

WEEK 6

Final adjustments to local level procedures.

Plan for Quality Improvement assessment during post implementation

POST IMPLEMENTATION

- Follow up sessions
- Future directions
- Feedback sought

WHAT IS PROVIDED UNDER THIS PROGRAM

- Structured and planned program
- Access to specific My Therapy online training
- Access to exercise and activity programs designed by OTs and PTs working in rehabilitation
- Support for development of local level procedures to guide clinician expectations
- Support for applying this program to health service's existing Quality Improvement program
- Sharing practical and evidence-based change management strategies



Interested to submit an Expression of Interest?

[Expression of Interest - My Therapy mentor program](#)

For more information contact:

Alicia Devlin or Emma Dorward

My Therapy Community of Practice Leads

E: mytherapy.rehabilitation@monash.edu

W: monash.edu/my-therapy-rehab