



**Psychiatric  
Rehabilitation  
Training  
Technology**



**Reference  
Handbook**



**ASSESSING  
READINESS  
FOR  
REHABILITATION**

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Design by Communications for Learning.

THE CENTER FOR PSYCHIATRIC REHABILITATION was established in 1979 in response to the recognition of the need for additional knowledge and skills to help to improve the lives of persons with severe psychiatric disabilities. The center is affiliated with Boston University's Sargent College of Health and Rehabilitation Sciences and is staffed by professionals from many disciplines who have national reputations in the fields of rehabilitation and mental health.

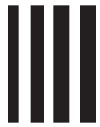
The mission of the center is the development, demonstration, dissemination, and utilization of the new knowledge and technology contributing to the recovery of people with severe mental illness.

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## SUMMARY OF REHABILITATION READINESS

### Definition

Rehabilitation Readiness is preparing the consumer to begin rehabilitation.

### Benefit

Rehabilitation Readiness increases the likelihood that the consumer will be willing to engage in the rehabilitation process.

### Activities

- Assessing Readiness for Rehabilitation
- Developing Readiness for Rehabilitation
- Connecting for Rehabilitation Readiness

### Condition

Whenever the consumer and practitioner are considering the possibility of using the rehabilitation process.



## SUMMARY OF ASSESSING READINESS FOR REHABILITATION

### Definition

Assessing Readiness for Rehabilitation is finding out a person's preparedness to set an overall rehabilitation goal.

### Benefit

Assessing Readiness for Rehabilitation clarifies the likelihood of the person successfully setting an overall rehabilitation goal.

### Skills

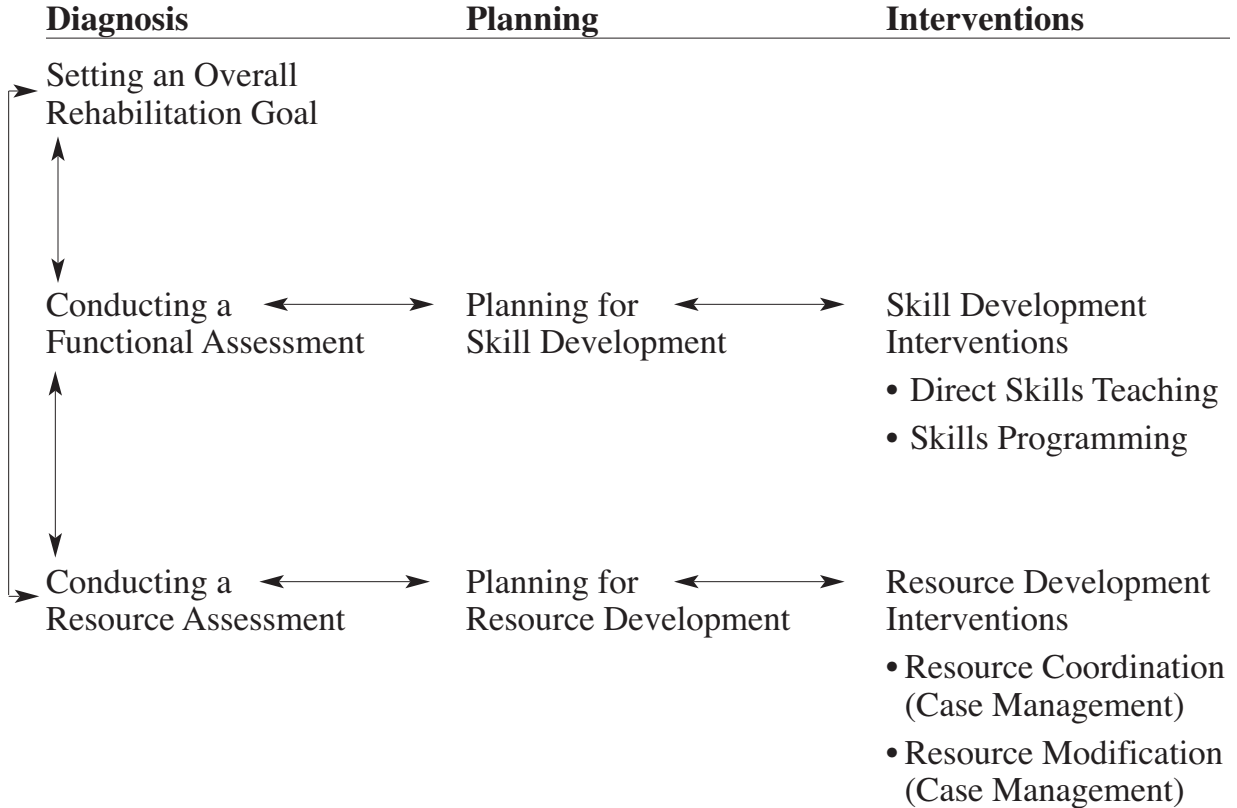
- Inferring Need
- Validating Commitment to Change
- Estimating Awareness
- Discriminating Personal Closeness
- Choosing a Direction

### Condition

When the client and the practitioner are deciding whether the client should start with the psychiatric rehabilitation process by setting an overall rehabilitation goal *now*.



## SUMMARY OF THE PSYCHIATRIC REHABILITATION PROCESS





## EXAMPLE: READINESS PROFILE

### Description of Jim

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Jim has been living with his parents and his brother while working at a sheltered workshop within a short bus ride from his home. Recently Jim has begun discussing his living situation with his counselor at the community mental health center. Living with his parents was a temporary solution that Jim arranged as a way for him to leave the state hospital. No timeline was placed on his stay, but there was a mutual understanding and agreement that Jim would one day leave home unless the situation was so successful that staying made sense to everybody.

### Profile of Jim's Readiness

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#### Summary of Need:

Jim is extremely dissatisfied with his living arrangement because it sets limitations on his personal freedom. Jim's parents are waiting impatiently for him to leave.

*Jim's rating for level of Need is a 5 (Urgent Need).*

#### Summary of Commitment to Change:

Jim is very committed to the idea of moving to a new living environment. He has found that his success at the sheltered workshop has increased his confidence in himself. Jim believes that he can leave home with the support of his counselor, Sara.

*Jim's rating for level of Commitment is a 5 (High Commitment).*

#### Summary of Environmental Awareness:

Jim has limited experience living in different environments, but he is aware of the different possibilities. Most of his choices of a living environment have been made for him.

*Jim's rating for level of Environmental Awareness is a 3 (Moderate Awareness).*

#### Summary of Self-Awareness:

Jim is aware of his values, and he has the ability to discuss his hobbies and interests. Jim has only a few ideas about his personal preferences, which makes him feel stuck.

*Jim's rating for level of Self-Awareness is a 4 (Strong Awareness).*



**Summary of Personal Closeness:**

Jim feels good about his counselor, Sara. He comes for interviews and has begun to discuss his future with her. He is open to being connected to others. Jim is not isolated, except in the area of spirituality and prefers closeness in all areas except emotional closeness.

*Jim's rating for level of Personal Closeness is a 4 (Strong Closeness).*

**Summary of Choosing a Direction:**

Jim is ready to set an overall rehabilitation goal in his living environment. Begin the process with the activity of Describing Alternative Environments because it seems that, with his moderate rating for environmental awareness, he will need to research living environments twice. This extra effort should not substantially alter the process or the future timing for setting a residential goal. Sara will continue to work together with Jim throughout the psychiatric rehabilitation process.