



Supporting your journey to *health and wellbeing*

IPAR is one of the Transport Accident Commission's (TAC) longest-standing and largest partners. Our services support people back to health, wellbeing and work.

Since partnering with the TAC in 2011, IPAR has supported over 3,500 people of varying ages, work experience and occupations on their recovery journey

Over many years, we have found that working collaboratively with you, your employer, treating practitioners and the TAC, is the best way to help you recover and return to work as soon as it is safe to do so.

“ My consultant was professional and caring. She treated me as a person, not just an injury. I felt valued and included. ”

IPAR AT A GLANCE

12+ years

providing services to the TAC

3,500

people supported by IPAR of varying ages, work experience and occupations

23

offices across Victoria

“ They're very professional, friendly and knowledgeable with their work. They go above and beyond what's expected of them. They show genuine interest to their clients. ”

How to access our services

In-person

We have offices across Victoria so you can meet your IPAR consultant face-to-face. Your IPAR consultant will be a local, who knows, understands and appreciates your local community and will support you on your unique recovery journey.

To find the IPAR office nearest to you, please visit ipar.com.au/locations

Telehealth

We also deliver our services via telehealth, when this is appropriate and/or necessary. Our telehealth services are convenient, easy and secure, using phone or video conferencing.

To find out more about telehealth services, please visit ipar.com.au/telehealth

Your IPAR Team

IPAR consultants and leaders bring extensive experience in general occupational rehabilitation as well as those services specific to the TAC.

Our consultants are qualified allied health professionals, including occupational therapists, exercise physiologists, rehabilitation counsellors and psychologists. Depending on what support you need, we draw on the right expertise to collaboratively plan the appropriate course of action. We will:

- Explore your full biopsychosocial picture
- Build rapport and trust with you and your family
- Instil your motivation for returning to work
- Proactively engage with your treating health practitioners
- Collaborate with the TAC for strategic planning



Enjoy local service delivery
from our extensive office network

“ I found the people I worked with were genuinely interested in me as a person and the outcomes that mattered to me to restore my quality of life and participation. I felt they were working with me not just doing their job and had really invested interactions with my providers. ”

“ My consultant was very personable, honest, caring and knowledgeable. ”

Our services



Positivum™ Biopsychosocial Program



Positivum™ consists of an assessment and health coaching program, which identifies and addresses beliefs and perceptions in relation to health and work.

Online biopsychosocial assessment

The Positivum™ assessment can be included in IPAR's initial Vocational Assessment or as part of Work Readiness services. The findings from the assessment provide a useful snapshot of potential barriers to working and full recovery, as well as areas that may be useful enablers to full recovery and work potential.

Health coaching

Following the assessment, the health coaching program is tailored to your needs to optimise working potential and achieve vocational goals. Delivered via online modules, one-on-one with consultants or via hard copy booklet, health coaching topics can include:

- Beliefs and perceptions about health and work
- Values and goal setting
- The health benefits of recovery at work and returning to work
- Living with a health condition, including pain and pacing techniques, improving sleep and building resilience

Positivum™ After Trauma

IPAR's Positivum™ After Trauma program is tailored to support people experiencing post-trauma reactions and symptoms. It incorporates PTSD specific questionnaires, and a health coaching program designed to assist individuals to understand trauma reactions and re-set survival systems to support a return to everyday life.

Positivum™ COVID Support

This evidence-based online health coaching program has been designed specifically to support people post COVID diagnosis. Integrated into IPAR rehabilitation services and delivered by our Allied Health professionals. The health coaching modules are tailored to an individual's needs, with content including work and functional goal setting, living with a COVID diagnosis, fatigue and pain management, and work perceptions.



Employment Brokerage

Our dedicated Employment Brokerage Team provide tailored job seeking assistance through a combination of candidate marketing and vacancy generation. Employment Brokerage consultants are located in metropolitan Melbourne and throughout regional Victoria. Our growing database enables us to connect workers with suitable community services and host employers.

iWork

iWork is our targeted job coaching and placement program. Over two group sessions facilitated by an experienced employment coach, iWork provides participants with practical tips and resources to enhance job search skills. At the same time, IPAR's employment brokerage team actively market candidates to suitable employers.

Program Impacts:

- 80% of participants report improved job seeking confidence
- 90% of participants are interviewed for a job
- 70% are placed in suitable employment

“ I have absolutely nothing but praise for IPAR. They were incredibly supportive, the employment counselling was really helpful and they were a wealth of knowledge and so very supportive. Thank you so much for allowing me to access this service.”

Complex Injury Management

IPAR's Vocational Service model includes specialist tools and resources to assist people with complex emotional and physical challenges resulting from injury on Victorian roads, including those with quadriplegia, paraplegia, acquired brain injury (ABI), PTSD and multi-trauma. Our team apply a delicate and holistic approach to identify and work towards appropriate work and health goals.

Additional Assessments and Services:

- Functional capacity evaluation (FCE)
- Worksite and Ergonomic Assessments
- Vocational Assessments
- Labour Market Analysis
- Return to Work Services (Same and New Employer)

For further information please call IPAR on (03) 8648 0900 or email rehab@ipar.com.au