

Health 2 Work

For People Receiving
Ontario Works in
Waterloo Region

About The Program

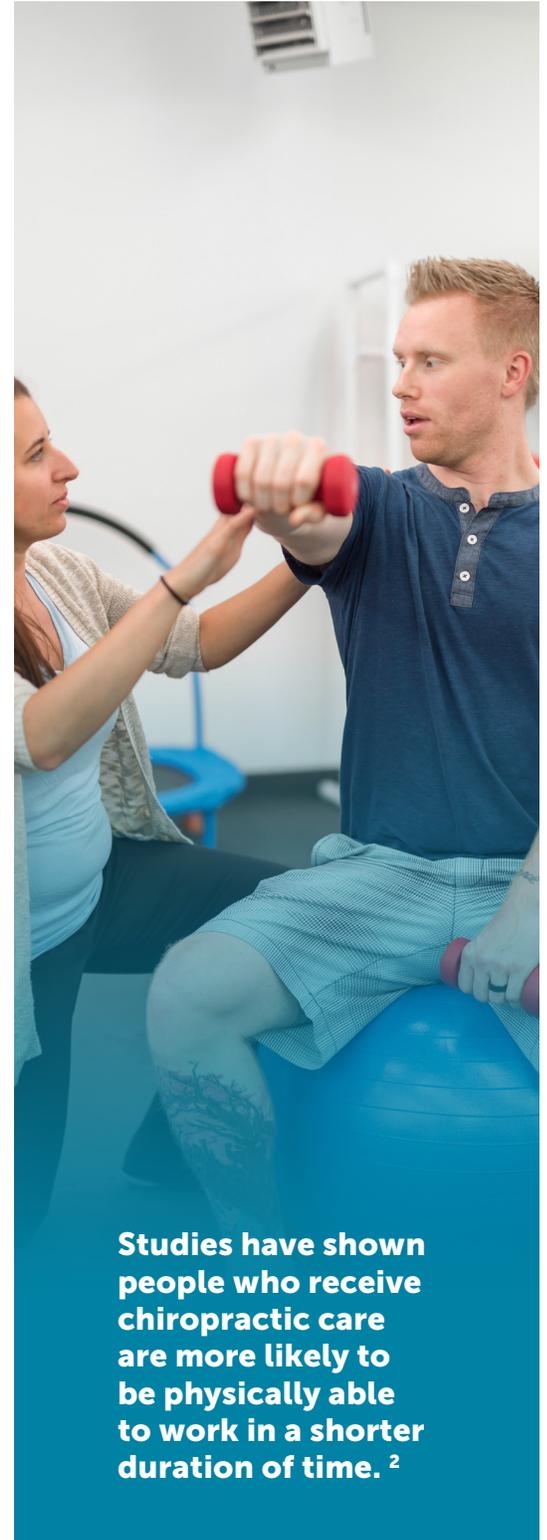
The **Health2Work** program provides people receiving Ontario Works (OW) and non-disabled family members on Ontario Disability Support Program (ODSP) within Waterloo Region access to musculoskeletal (MSK) care.

MSK conditions are a barrier to participation in the workforce. This program will help resolve these barriers and inform appropriate job training opportunities or career paths by offering chiropractic care, funded by the OW program.

MSK conditions, which include back pain, strains, sprains, neck pain and headache, are one of the leading causes of disability worldwide.¹ Access to publicly funded care for MSK conditions is currently limited. Without access to non-pharmacological pain management, untreated MSK conditions worsen in severity over time.

Program Objectives

1. To reduce barriers to employment by addressing underlying MSK conditions through assessment and treatment by a chiropractor. Additional adjunctive therapy/treatment, as required, will also be provided to participants with mental health challenges and/or comorbidities.
2. To notify the Region of Waterloo, Community Services, Employment and Income Support team of the physical capabilities of the participant to help inform decisions related to the selection of suitable job training programs and employment paths.
3. To integrate and leverage local health and social services for people receiving support through OW in an effort to increase employment or job training.



Studies have shown people who receive chiropractic care are more likely to be physically able to work in a shorter duration of time. ²



www.health2work.ca

Health2Work is a program developed by The Region of Waterloo, Community Services, Employment and Income Support team in partnership with the Ontario Chiropractic Association, Langs Community Health Centre and local chiropractors.

The evaluation of the program will assess how improving MSK conditions gets participants ready for employment or job training and will open doors for other people to receive the same type of care across the province.

Care Participants Will Receive

Participants enrolled in the **Health2Work** program will receive assessment, diagnosis, treatment and preventative care strategies in relation to their MSK condition. They will receive access to chiropractic care, which may include some combination of patient education, therapeutic exercise, recommendations for nutrition and lifestyle modifications, rehabilitative care, spinal manipulation and soft tissue therapy.

Chiropractors will work together with the participant's caseworker, family physician/nurse practitioner and other providers in their circle of care to share the treatment and strategies prescribed.

"There mostly seems to be programs suitable for employment ready participants and those with extra or unique needs may fall through the cracks. This service [Health2Work program] is one resource that will help to bridge that gap for some. Health2Work can help our clients living with chronic pain, receive help without the financial burden that was historically attached to getting any form of treatment."

- Carey, Caseworker, Ontario Works, Region of Waterloo

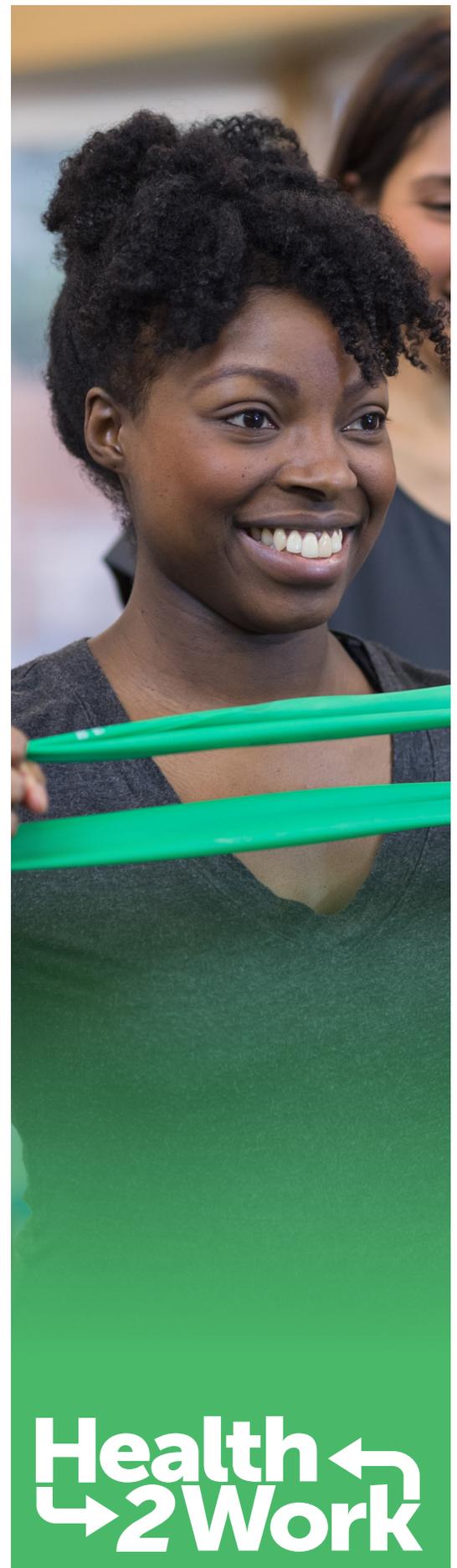
Contact Information

Local health and social services within Waterloo Region that are interested in discussing potential partnerships and referral pathways are invited to contact:

info@health2work.ca.

References

- 1 Storheim K, Zwart J. Musculoskeletal disorders and the Global Burden of Disease study. *Annals of the Rheumatic Diseases* 2014;73:949-950.
- 2 Blanchette, M., le Rivard, M., Dionne, C.E., Hogg-Johnson, S., & Steenstra, I. (2016). Association between the type of first healthcare provider and the duration of financial compensation for occupational back pain. *Journal of Occupational Rehabilitation*.



Health ↩
↪ **2Work**