



Case management in vocational rehabilitation: a case study with promising results.

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Abstract: The aim of the current study was to investigate whether Case Management and the strengths model could be a successful method in vocational rehabilitation of unemployed people on long term sick leave in Sweden. An additional aim was to further highlight the actual rehabilitation process.

Ten clients, five men and five women aged between 35 and 40, were included in the project. All ten were at the project start both long-term unemployed (2-13 years) and on long term sick leave (2-6 years). The project was evaluated from four perspectives: Quality of life (SF 36), sickness absence, and contact with working life were investigated before and after the project. The rehabilitation process was investigated during and after the project.

The result from the study was positive. Of the 10 clients who participated in the project, six have improved their quality of life, seven have a diminished sickness absence and seven have a closer contact to working life after the project than before. With regards to the rehabilitation process, the results here also impart a positive picture. It should be noted, however, that the study is small and not based on a random sample. The results should not be generalized, but recognized instead as a positive indication.

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