

# Enhancing client engagement in rehabilitation for clients with mobility impairments

## A. Problem Statement (Current State)

Clients with mobility impairments face significant challenges in their rehabilitation journey, which can impede their progress and reduce their overall quality of life. The rehabilitation process can be lengthy and demanding, requiring sustained effort and engagement from the clients, who may struggle with physical, emotional and psychological barriers. Despite the involvement of clinicians, next-of-kins, caregivers and community partners, there is a persistent need for strategies that effectively motivate clients throughout this journey.

Some of the key challenges may include,

1. Lack of sustained motivation

Clients often experience fluctuating motivation levels due to the demanding nature of rehabilitation. Emotional and psychological factors such as fear, anxiety and frustration can hinder progress.

2. Financial considerations

Financial barriers can significantly impact a client's ability to participate fully in rehabilitation. Costs associated with therapy sessions, assistive devices, transportation, and potential loss of income can create stress and hinder continuous engagement in the rehabilitation process.

3. Timely feedback

Lack of consistent and meaningful feedback on clients' rehabilitation progress can lead to decreased motivation and a sense of stagnation. Receiving timely feedback is crucial for maintaining motivation and ensuring clients understand the value of their efforts.

4. Lack of self-monitoring empowerment

Many existing rehabilitation programmes lack effective self-monitoring tools that are accessible and user-friendly.

5. Collaborative efforts

Coordinating efforts among clinicians, next-of-kins, caregivers and community partners can be complex. A concerted and integrated approach is necessary to provide holistic support and consistent motivation to the clients.

By addressing the above-mentioned challenges and implementing solutions, we aim to create a supportive and motivating environment that empowers clients with mobility impairments. This will enable them to achieve their rehabilitation goals and reintegrate meaningfully into their community, enhancing their quality of life and sense of purpose.

## **B. Challenge Statement**

What would be a meaningful solution to enable a concerted effort among clinicians, next-of-kins, caregivers and community partners, to enhance participation for clients with mobility impairments in their rehabilitation journey, to maximise functional outcomes and reintegrate purposefully back to community life?

## **C. What are we looking for? (To-be State)**

1. Outcomes of the desired state include:
  - a. **Co-management platform** – facilitating clinicians and community partners, and empowering patients and caregivers to support the rehabilitation journey.
  - b. **Integration with other systems and applications** – flexibility to interface and integrate with other systems and applications.
  - c. **User friendly** – solutions should not be complicated but should be simple and intuitive for users to operate given the need to self-manage. It should be accessible to clients with varying levels of technological proficiency.
2. Overall collaboration requirements:
  - a. **Collaboration:** Applicants must be willing to collaborate towards achieving the desired state, which may include tweaking existing solutions or collaborating to prototype a solution (IP and commercial discussions will pursue where relevant).
  - b. **Security requirements:** Solutions must comply with the cybersecurity standards in place especially where personal data is involved.
  - c. **Cost-effective:** The proposed solutions must be cost-effective and beneficial to the public healthcare in Singapore.
  - d. **Scalable:** The proposed solutions should consider a broader plan to scale across other institutions and healthcare settings and consider the need to integrate and interface with the various relevant systems.