

Case Study - Medical Rehabilitation

Mr X was travelling in the early hours of the morning with three friends. The car left the road and crashed. His best friend (the driver) and another friend sat behind the driver were killed at the scene. The friend sat in the back passenger seat behind Mr X dragged him from the car to safety. He injured his spine during the accident.

Mr X presented with psychological effects from the accident; in particular, travel anxiety and feelings of loss and guilt following the deaths of his friends. He was in hospital at the time of his best friend's funeral and therefore missed it. He explained that this had increased his anxieties. Mr X was not employed at the time of his accident.

Following our initial Immediate Needs Assessment, Mr X was started on a private physiotherapy program and CBT therapy. He also had some EMDR sessions to assist him with his travel anxiety.

He did express an interest in training for a career. However, assistance with finding a suitable job was not agreed to by the payer as Mr X wasn't working prior to his accident.

Mr X attended his private physiotherapy sessions regularly and used the gym facilities provided by the physiotherapist.

He had regular CBT sessions that he found very helpful. Initially Mr X had the use of a taxi service to take him to his appointments. He had a fear of travelling in a car and in particular the front passenger seat. Mr X was open and honest about his feelings post-accident. Following his EMDR sessions, he was able to travel on a long journey with his girlfriend, sitting in the front passenger seat.

Mr X successfully completed all of his arranged treatments and informed us that he would now look to his future and for work that he would like to do in the long term.

Had Mr X not had the support of a Case Manager, he may not have psychologically come to terms with the effect of his accident so quickly, nor got over his travel anxiety. He did explain that phone calls and support from his case manager had also greatly assisted him psychologically.

After completion of treatment, the file was closed.

Should his needs not have been addressed, his physical and psychological symptoms could have escalated, prolonging the life of his claim and increasing the costs of the final settlement.