

Fax completed forms to 360-902-5035

For Self-Insured claims, please check with the self-insured employer

How activity coaching can help your patients

- Reducing psychosocial barriers to rehabilitation
- Promoting re-integration into life-role activities
- Increasing quality of life
- Facilitating return to work
- Preventing long-term disability

Treatment process

If eligible, the client and activity coach meet weekly, for approximately an hour, for a maximum of 10 sessions. (Meetings may be telephonic). The Progressive Goal Attainment Program® (PGAP) is the standardized form of activity coaching supported by L&I. The initial stages focus on structured tasks to help the individual resume activities. The program's final stages focus on activities that facilitate re-integration into the workplace when feasible. Questions about the program? Call 360-902-6261 or visit <https://lni.wa.gov/coaching>.

Patient Information

Patient name		L&I claim number
Phone number	City	Date of injury

Eligibility Criteria

	True?
1. Not working or not working their usual hours.	<input type="checkbox"/>
2. Schedule allows enough time for activity coaching	<input type="checkbox"/>
Not working more than 4 hours per day	<input type="checkbox"/>
Not in another program more than 4 hours per day. E.g. work hardening or SIMP	<input type="checkbox"/>

Attending Provider Section

Was activity coaching discussed with the worker? <input type="checkbox"/> Yes <input type="checkbox"/> No		
Activity Coach preference? <input type="checkbox"/> Yes Name: _____		
Is there anything else you want us to know about your patient?		
Attending Provider's name	Phone number	Fax number
Attending Provider's signature		Today's date

For Department use only

Therapy Services Reviewer: _____ Date: _____