

Stages of Change for PERSONS WITH A DISABILITY



opportunitiesforemployment
HOPE IN ACTION

The Stages of Change Research Study (2007-2010)

The Stages of Change Research Study was conducted over a 3-year period at Opportunities for Employment.

The Stages of Change model was adapted and tested at Opportunities for Employment to determine if the Stages of Change Model could be applied to employment, specifically to increase labour market participation of those currently underemployed or unemployed by addressing work readiness, through exploring and resolving uncertainty and/or barriers to employment.

Participants at Opportunities for Employment were randomly assigned to either a control group or to a study group. Both groups received regular programming and services, however, the study group also received Stages of Change interventions.

Summary of Key Findings:

For those participants who were assigned to the study group:

- 10.3% lower attrition (drop out) rates
- 11.8% higher employment rates
- 11.8% higher retention rates after a six-month period



Conclusions:

- Developing the desire to move towards employment, by exploring and resolving uncertainty through a facilitated process of change, can result in increased labour force engagement.
- The **Stages of Change Program for Person's with a Disability** uses the Stages of Change Model to work with participants, facilitating and supporting the change process.

We are now accepting new referrals!

TO MAKE A REFERRAL:

Phone: 204-226-9211

E-mail: ofe4change@ofe.ca

(Please include the name of EIA Client, Case# and phone number)

We are a program funded through Family Services to assist EIA clients on disability benefits and/or who have an open market *Abilities* file.