

*Questionnaire baseline*

Baseline

Introduction program  
Toolbox 1  
Training physical therapist  
Introduction Rest Break tool

Month 1

Toolbox 2  
Empowerment training

Month 2

*Questionnaire 3 months*

Month 3

Rest Break tool

Toolbox 3  
Training physical therapist

Month 5

Toolbox 4  
Empowerment training  
*Questionnaire 6 months*

Month 6

*Questionnaire 12 months*

Month 12

