



## Sustaining work after your injury

At this stage in your return-to-work journey, you, together with your therapist and your employer may agree that you have reached your work capacity, whether it be a return to your pre-injury role or a new or modified role. From this point on, the aim is to ensure that your participation in work is sustained and that you can continue to set and aspire to future employment goals.

This fact sheet answers the questions you are likely to have and indicates where you can source advice and support.

### Will I have ongoing support from the vocational therapist?

Once you are established back at work, your rehabilitation needs are also likely to have reduced. You are not likely to need ongoing vocational guidance from your therapist but you may still be accessing supports established during your recovery. You will still be able to seek support from your treating medical team who can link you in with new supports if your needs change.

The therapist will provide you and your employer with a forward-looking plan to help you address any current or future issues, which might include planned surgery, pain or fatigue.

If you require additional vocational guidance in the future, your treating team can connect you with similar services or you may be able to reconnect with your current therapist. Your insurer may also be able to connect you with vocational services.

### Recommendations to help manage ongoing issues such as:

- To manage fatigue, you should ensure you continue to take rest breaks and pace yourself during the day or plan a day-off every month or plan a holiday (for example, 1 week every 4 months).
- Continue to use any equipment or compensatory strategies that make it easier to do your job (for example, writing to do lists, using your phone to record meetings, taking regular breaks).
- Adhering to medical restrictions (for example, not to lift more than 10 kg).

### Where else can I find support to manage at work?

Depending on your injury and your ongoing recovery, you may feel you need support to manage at work.

- Speak to your doctor who can refer you to another service (for example, psychologist, physiotherapist).
- Speak to your treating team if you are still involved.
- Contact your insurer.
- Re-establish contact with your vocational therapist.

Community based support groups can also be a great resource. Your therapist may provide you with a list of groups in your areas, that may be relevant to your injury type where you can talk to people who are or have gone through a similar experience to you.

