



Thinking about work after your injury

For many people, work is an important part of their daily life. So, after a serious injury, it is only natural to be concerned about your working future.

That is why we aim to talk to you as early as possible after your injury to help you plan your return to work and to ensure you have all the support you need to achieve your goals, whatever they might be.

This information sheet *Thinking about work after your injury* will help us take these first steps together.

Where do we begin?

Getting back to work is an important part of your recovery, but after a major injury, it can be difficult to know how or when this will be achieved, or where to start. We take a step-by-step approach based on your individual circumstances.

Working closely with you along this journey will be your vocational therapist, who has experience in supporting people back to work after injury.

Your therapist will:

- spend time with you to understand what your work involves and what impacts your injury may have on work
- talk with you and your employer to find out what supports you may need at work, and how your return to work can be best managed
- talk to your rehabilitation team and insurer (if relevant) about your goals for work and how they can help you to achieve them
- provide information and answer questions, that you, or your family may have around work
- help keep your employer updated with your progress
- help you to stay connected with your workplace
- help you to look at other options if you can't return to the work you did before your injury.

