

Return to work checklist

- Talk to your treating team and/or medical specialist.
- Ask to be referred to an occupational therapist to support your return to work.
- Think about the demands of your job:
 - list the things that are easier and more straightforward
 - list the things that might be more complicated to do.
- Think about how you will get to and from your workplace.
- Identify people who would be a good support for you in the workplace.
- Think about what days or hours might work best to start part time.
- Talk with your employer about what might be possible.
- Start to build up your routine during the day to improve your activity endurance.
- Actively practice and use fatigue management strategies.

