

# Return to work assessment form

If you are returning to work after a serious illness, use this template to work out what support or reasonable adjustments you might need to make. If possible discuss your thoughts and feelings with your line manager.

## Assessment Form

### Physical Needs

For example - do you need to assess the ergonomics of your work area (your desk height, wheelchair access etc.)? Will you need any different equipment or physical support?

## **Psychological Needs**

For example – do you need any emotional or mental health support (such as on-going counselling or therapy)? Does someone need to support you as a buddy before you are left to your own devices? Do you need someone to talk to about your experiences?

**Practical Needs**

For example – do you need to modify your contractual working hours? Do you need to work from home for some time? Do you need to find a different way of travelling to work? Do you need to follow a specific dietary plan while at work?

**Other needs**

For example – it may just take you longer to absorb data or read information. 'Time' may be an important consideration for you now.

Having assessed your 'return to work' needs, has this changed your view about your 'readiness' to go back to work? How can you manage this change?

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Is your doctor, line manager and organisation happy for you to return? Have they placed any restrictions on you? If so, how do you think you will handle them?

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**Having returned to work, come back to this assessment in a few weeks / months.**

How are you copying? Do you need to refine or change anything?

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If you want learn more about coping with work and serious illness take a look at our Notebook Mentor 'Dealing with work and serious illness' from our Life Transitions category.

Go to [www.notebookmentor.com](http://www.notebookmentor.com)