

Return to Work plan Example 3: Self-employed taxi business

<p>Goals of the Return to Work Plan What do you want to be able to do? e.g. To return to work in my job as a full-time primary school teacher by 8 weeks after my hip replacement</p>	<p>NOTES: To be able to go back to running my own taxi business within 6 weeks of my operation</p>
<p>Planned date of return to work (REFER TO STEP 2)</p>	<p>NOTES As soon as possible. Because I am self-employed I need to return as quickly as I can.</p>
<p>What difficulties will I face returning to work? – List the things that most concern you about your return to work (REFER TO STEP 1)</p>	<p>NOTES: My main concern is when I will be able to return to driving a taxi. Obviously driving as a job can be physically tiring particularly after having a knee replacement. I am worried that this may cause me pain and discomfort if I go back too quickly</p>
<p>How might I overcome these difficulties? – List any ideas plans you might have to overcome these problems. This might include adjustments to your working arrangements, job role, equipment or environment.</p>	<p>NOTES: My plan is that I will work in the taxi control room initially. I am hoping that I might be able to do this from 4 weeks after surgery as I will be able to sit down and my wife can give me a lift there and back. I would like to be driving a taxi again after 6 weeks, particularly as I have an automatic car and it is my left knee that is being replaced.</p>
<p>Who will review my progress and how/when will this take place? - Name and contact details of those who will oversee your return to work process</p>	<p>NOTES: As I am self-employed I am responsible for my own return to work plan. However, due to the public liability element of my job, I have to undergo a driving assessment to satisfy the requirements of my insurance. I also need a note from my GP or hospital consultant to support this. The assessment is organised by the local authority so is not in my control</p>
<p>When do I need to contact them? – Any changes will need to be agreed with your ‘employer’ and your colleagues in advance of your return to work. It is useful to give them as much notice as possible (SEE STEP 5)</p>	<p>NOTES: I have already notified the local authority about my surgery and am waiting for them to get back to me. I have also informed my other drivers and plan to return as quickly as possible.</p>
<p>Who will oversee my return to work and how will they review my progress? – Set a date for a review meeting after surgery for you to meet your ‘employer’ and discuss your progress.</p>	<p>NOTES: I will be overseeing my own return to work with the support of my wife who works in the business. I will need to see my GP for a certificate to supply to the local authority who will inform my insurance company of my fitness to drive following my assessment.</p>