

Return to Work plan Example 5: Livestock farmer

<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: I am self-employed so will return to work as soon as I am physically able. I anticipate that I will be able to perform some of my job around 4 weeks post op</p>
<p>Planned date of return to work (REFER TO STEP 2)</p>	<p>NOTES As soon as possible</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: I work outside with livestock. Because this is an all-weather job and my operation is in the winter, I think I will only be able to go out when the weather is good enough as I don't want to risk slipping. It will be difficult for me to walk around the farm and to physically deal with the sheep initially</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: Because I work with my sons, they will take over most of the outside work at first. I will need to use an all-terrain vehicle to get around. I will not be able to do any of the hands-on part of my job until my knee allows me to kneel and get up by myself</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: I will review my own progress with my family. I intend to test myself on various jobs after the first 2 weeks</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 will be reviewing my progress straight away and will get any information I need from the local physiotherapist who I will be seeing. My family know about the operation and all decisions will be taken with them</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 am looking after my own progress and will make decisions in my best interests as well as those of the business</p>