

Return to Work plan Example 6: Unpaid carer

<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>I need to get back to caring for my mother as soon as possible after my joint replacement. I am hoping to be able to do some things for her 6 weeks after I come out of hospital</i></p>
<p>Planned date of return to work (REFER TO STEP 2)</p>	<p>NOTES <i>Second week in September</i></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>I have to do most of the household jobs for my mother. This includes cooking, cleaning, gardening, bathing, washing etc. Although I might be able to do some of these, I don't think I'll be able to do gardening or heavy cleaning for at least 3 months.</i></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: <i>I am hoping to get some social services cover for some of my mother's care until I am able to get back to everything. However this is looking like it won't be possible which will mean that my husband will have to cover for me which isn't ideal as he has his own health problems. I am looking into taking on a gardener to do the outside jobs. We are also thinking of buying a lighter vacuum cleaner to make things easier.</i></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>I will do this with my husband. I am going to check with the hospital about when they think I'll be well enough to do everything I was doing before. My GP has been very helpful too so I'll probably have a chat to her about it.</i></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>I am seeing my consultant at 6 weeks after my op so I am hoping that he will say whether I'm alright to go back to caring for my mum. My family are all aware of what is happening and when.</i></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>I will go back to doing whatever I feel comfortable doing. The decision is mine to make, with my husband who will be carrying out all the jobs I can't. I will test myself on doing certain things to see if I can do them safely without causing pain or damaging my knee.</i></p>