



Return to work

Medical treatment alone doesn't guarantee a successful return to work after illness or injury. The best outcomes occur when health support is combined with workplace planning and other return to work strategies. A multidisciplinary team, including employment services professionals, can support successful return to work by helping employers maintain open communication, coordinate with health providers and insurers, stay informed about recovery plans and enable time for health-related appointments.

Key strategies for success

Support health and wellbeing

Start support as soon as possible after injury, taking a whole-person approach that tailors supports to individual needs, builds capacity gradually and continues beyond returning to work to help sustain recovery and prevent setbacks.

Support service-employer coordination

Support coordinated communication between workplaces and health care providers and encourage active employer involvement. Use flexible planning, including exploring alternative roles when needed, to support safe and sustainable employment outcomes.

Embed workplace support

When workers feel safe and supported, they return sooner and stay longer. Promote respectful workplace practices, encourage open communication, discourage blame, support help-seeking, and plan for ongoing workplace adjustments and flexibility.

