# Benefits of working while you recover

Being at work is often the best way to recover from your injury. Research suggests five key benefits:



#### Get better sooner

Recovering at work with support from your employer means you're likely to get better sooner.





#### Keep up your connections

Recovering at work helps you stay connected with colleagues and workplace friends.

### Get back to your usual activities

Recovering at work also helps you return to the other things you enjoy.



# Skye's story

Returning to work allowed me to do the things that make me who I am... and there were things within my control that I could do.

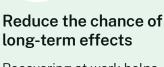


#### Boost your physical and mental health

Recovering at work can boost your self esteem and wellbeing according to research.



Recovering at work helps you avoid other health complications following injury.





# How to get the best from your support team

You have a team to support you as you get better. Working together with your employer, doctor, insurer case manager and treatment provider can help you recover at work safely and get on with living your life.

Evidence shows you recover better after an injury if you take an **active role** and set a **recovery goal**.

#### Your employer

**Talk** about the work you can do and the support you'll need.

**Ask** them to work with you to develop a recover at work plan.

**Tell** the insurer if you and your employer can't find suitable work.

#### Your doctor

**Talk** about what you can safely do at work and home.

**Ask** about your injury, recovery, treatment and support.

**Tell** them you'll need a 'Certificate of Capacity/Fitness' to give to the insurer.

## Your treatment provider

**Talk** about what you need to be able to do at work and at home.

**Ask** how the treatment will help and what you can do to help your own recovery.

**Tell** them if you don't think the treatment is working.

#### Your insurer case manager

**Talk** about your injury and the support you might need.

**Ask** what assistance you can get to help you recover at work.

**Tell** them if there's something you don't understand or if things aren't going to plan.

Want to know more?

Find out more about recovering at work on the SIRA website: sira.nsw.gov.au/recoveryatwork

If you need more help with your claim, contact the Independent Review Office (IRO) on **13 94 76** or visit their website: **iro.nsw.gov.au**