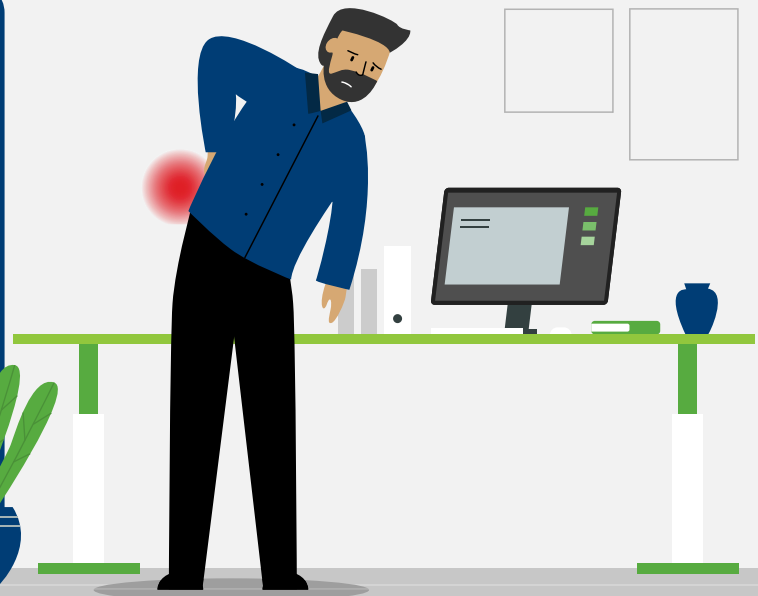


# Your **recovery** and return to work



Australian Government  
Comcare



## Your recovery and return to work

Feeling nervous and worried about returning to work after injury or illness is normal. Returning to work can help with your recovery, and you don't need to be fully recovered to return to work. The return to work journey can be different for everyone, and yours is unique to you.

## Notify your supervisor, and explore early intervention options

You should notify your supervisor as soon as you have an accident, sustain an injury or become unwell. An [early intervention program](#), arranged by your employer may be available to support your treatment and recovery. Speak with your employer about the options available to you.

## Rehabilitation assessments

You will be assigned a [rehabilitation case manager](#) who may also organise a rehabilitation assessment to help understand your unique recovery and return to work journey.

## Rehabilitation programs

In consultation with your return to work team, a rehabilitation program may be developed. It will provide you with clear recovery and return to work goals and activities.

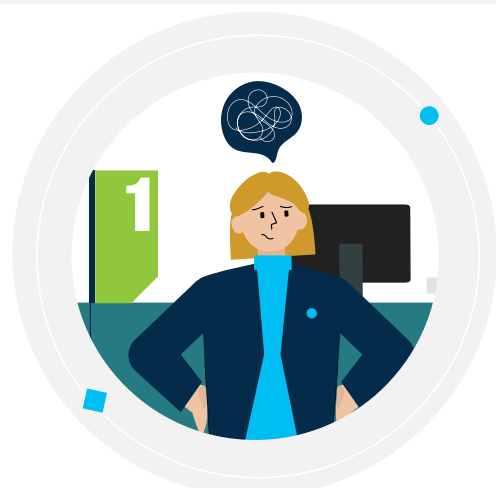
## Who is involved?

Your return to work team includes:

- your doctor and other treatment providers
- your rehabilitation case manager
- your supervisor
- your claims manager
- a workplace rehabilitation provider, if appropriate

## Your rights

- Before an assessment is arranged, you must be consulted on the selection of the assessor.
- You must be consulted on the development of your rehabilitation program.
- You can request support to stay at or return to work (for example, changes in hours or equipment to help you work).
- You can request information about your entitlements, rights and obligations.
- You can request a rehabilitation assessment.
- You can lodge a workers' compensation claim at any time and if needed, ask for assistance from your rehabilitation case manager or union representative to complete it.
- You can choose your own doctor.
- You can talk to your rehabilitation case manager or supervisor about any concerns regarding your rehabilitation program.
- You can request a change of workplace rehabilitation provider if you feel the service you are receiving is unsatisfactory.
- You can seek a review if you do not agree with the decision to have a rehabilitation assessment or program.





## Your responsibilities

Your responsibilities as an employee are to:

- advise your supervisor or rehabilitation case manager about leave due to your workplace injury
- attend a rehabilitation assessment unless you have a valid excuse and
- actively participate in your rehabilitation program if one is in place.

[Learn about the return to work process at the Comcare website.](#)

## Did you know?

**96%** of people returned to work at some time following their work related injury or illness.

## Tips to help you return to work

- Act early and don't wait to seek support if you need it.
- Focus on what you can do rather than what you can't. This will help in finding productive and enjoyable tasks to do as you return to work.
- Be proactive and responsive with your return to work team. Help them to help you get back to work.
- Work with your return to work team to regularly assess your return to work arrangements.
- If you do encounter some setbacks or your needs change, discuss this with your supervisor or rehabilitation case manager. They'll be able to assist.
- Talk to your doctor and other health providers about how you can stay active.
- Keep engaged with your supervisor and workmates and stay connected with what's happening at work.

## Where can I find more information?

To find out more about the rehabilitation process, [please visit the Comcare website.](#)

