



BC Cancer Agency

CARE & RESEARCH

An agency of the Provincial Health Services Authority

How to Prepare for Return to Work Checklist

Talk to your Doctor

- Ask your oncologist to provide you with a reasonable estimate of when you might be able to start working again (for your reference only)
- Keep your doctor informed if you do not seem to be recovering according to the estimate.
- Inform your doctor of the demands of the job and your readiness to resume these challenges.
- If you will not totally recover, what is the doctor's estimate of your functional abilities over the long term?
- Ask your doctor if you can be doing anything (for example exercise and counseling) to help you prepare for your return to work (RTW).

Workplace

- Inquire about how return to work (RTW) is handled in your workplace.
- Ask your union representative, human resources department and/or employer, about how your return to work might be coordinated when you are ready to return, (for example "graduated return to work").
- If you are unable to return to your old duties, ask your employer can you do other duties at your work or could you return to your old job if modifications were in place?
- Keep in contact with your workplace, to let them know you plan to come back.

Insurance Plan -Long Term Disability (LTD)-through employer or privately

- Investigate if the plan has a provision for rehabilitation.
- What is the LTD plans definition for qualification for benefits: Does the definition of the plan change after a period such as disabled from your "own occupation" to "any occupation".
- Will the LTD plan provide a wage top off for graduated return to work (RTW) and for how long?

Government Disability or Employment Insurance Programs

- If on Canada Pension Plan (CPP Disability) investigate provisions for return to work and vocational rehabilitation.
- Research availability of Employment Insurance career exploration, job search and training programs available to you (note, this may be dependent on whether you have contributed or collected Employment Insurance)
- If you have a disability that impedes your ability to work, investigate provincial and federal programs that could be available to you (such as the Employment Program for Persons with Disability and Opportunities Fund) Note: these programs may not be available to you if you collect other benefits such as long term disability (LTD).

Rights and Responsibilities

If you are concerned about whether your employer will keep your job or accommodate your return to work, consult the B.C. Human Rights Coalition (info@bchrcoaliton.org or 1.877.689.8474) for advice to find out your rights and responsibilities.

Questions or Concerns

Call the BC Cancer Agency Vocational Rehabilitation Counsellor 1.800.633.3333 ex 2189.