

## A SUCCESSFUL SERVICE

Since the Stroke Foundation established the Return to Work Service in 2007, it has supported hundreds of people to achieve their return to work goals following a stroke.

Successes have included returning to full or part time work, finding work, starting to study and volunteering in the local community.

*"I found my interaction with the Return to Work Advisor was very inspiring. The examples of others who had returned to work after a stroke helped me plan my return to work. This gave me the confidence to start the process."*

Return to Work Client

### Returning to work – Part of your recovery

Being in paid work brings many benefits, including financial independence, builds our confidence and self-esteem and improves our sense of well-being. It gives us social contact and structure in our daily lives.

*"I have been back at work for almost a year now. I am loving the people contact. I am lucky to have had great support from my managers and colleagues."*

Return to Work Client

### Stroke Foundation

We are committed to:

- Prevent stroke
- Improve outcomes
- Save lives

The Stroke Foundation has lots of free information about stroke and managing life after stroke that is available in a number of different languages.

## CONTACT DETAILS

### Northern Region

[northern@stroke.org.nz](mailto:northern@stroke.org.nz)  
09 475 0070

### Midland Region

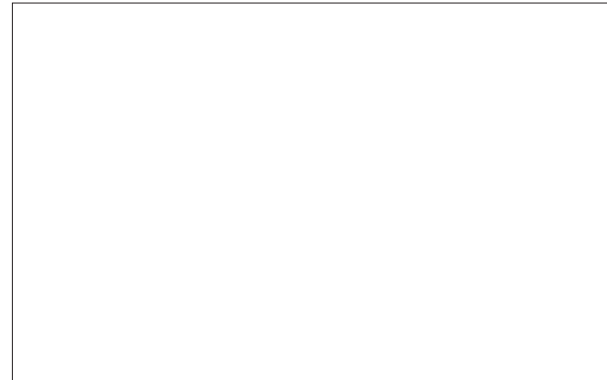
[midland@stroke.org.nz](mailto:midland@stroke.org.nz)  
07 571 3061

### Southern Region

[southern@stroke.org.nz](mailto:southern@stroke.org.nz)  
03 381 8500

### National Office

[strokenz@stroke.org.nz](mailto:strokenz@stroke.org.nz)  
0800 STROKE (0800 78 76 53)



**MINISTRY OF SOCIAL  
DEVELOPMENT**  
TE MANATŪ WHAKAHIATO ORA

The Return to Work service is funded by the  
Ministry of Social Development



## RETURN TO WORK SERVICE

FOR PEOPLE WHO HAVE  
EXPERIENCED A STROKE



[stroke.org.nz](http://stroke.org.nz)

# RETURN TO WORK SERVICE FOR STROKE SURVIVORS

Getting back to work after stroke can be a challenge, but it can be done.

*"There have been some huge challenges, such as maintaining my professional qualifications and registration both of which I have achieved this year ... I started with about 12 hours a week and have increased to 21 hours now"*

Return to Work Client

We encourage people not to make big decisions about work following a stroke until talking to one of our advisors.

Some people have a job they can return to, others need to find or train for a new job. It can make a big difference to have help to get you back to work and support you once you start working.

The Stroke Foundation's Return to Work Service provides expertise and support to guide you through this process. We work closely with health professionals – usually Occupational Therapists or Physiotherapists, employers and the person who has experienced a stroke, to achieve the best possible outcomes.

The service is free and available to those of "working age" who have experienced a stroke in New Zealand.

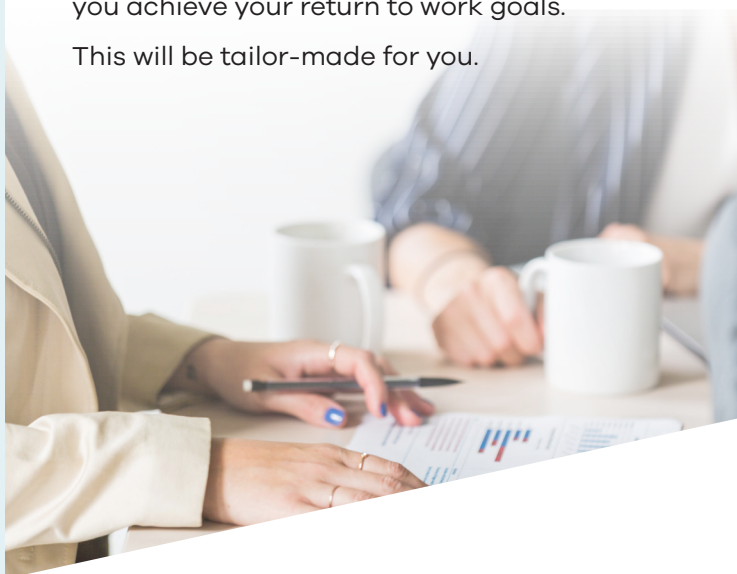
Contact us if you want to participate in our Return to Work service or to find out more about it. Details are on the back page. In some cases, support will be provided through telehealth.

## HOW THE SERVICE WORKS

Once a request is received, one of our Return to Work Advisors will make contact with you and will carry out a full assessment to learn about your skills, your return to work goals and what is stopping you working just now.

We will then prepare a plan with you to help you achieve your return to work goals.

This will be tailor-made for you.



It may include:

- Mentoring
- Referral to other agencies for expert support

- Ways to manage your return to work that could include the development of a graduated return to work plan and coping strategies.
- Ideas for retraining and skill development if necessary
- Help with your CV, and
- Support with your job search and interview skills

While you are working through your plan, your advisor will also be working with your current employer or potential employers to find job opportunities for you.

We will talk with the employer so they can give you the right support to make your return to work as easy as possible.

When both you and your employer or potential employer are ready for your return to work, our advisor supports and monitors your return. This support ensures the best outcome for you and your employer.

## HOW LONG DOES THIS TAKE?

It's good to start working with the Return to Work Service and to start preparing to return to work early in your rehabilitation and recovery.

It may take you up to 6 months or more to work through your plan. Your advisor will continue to support you until you are settled into your job. Each person is different.