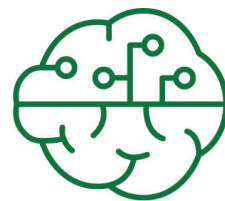


# Returning to work and other important roles after ABI



## Returning to work and other meaningful roles

Returning to work or other meaningful roles after a brain injury can be very important for some people. Often returning to work involves many steps. Your therapists will work with you to help you understand these steps. **Returning to work after an ABI requires medical clearance.**

## General recommendations for return to work

General recommendations that may be provided in preparing to return to work include:

- A gradual return to work (for example starting with reduced hours).
- More breaks throughout the day.
- Reduced workload.
- Environmental recommendations (i.e. that the person works in a quiet area).
- That they undertake only certain duties related to their role.

## Return to work therapy

Therapists might recommend different therapies to address your return to work goals, including:

- Making sure you are able to do your daily activities at home.
- Community activities to build skills outside the home.
- Work preparation activities to build specific work skills:
  - Practising things that are similar to your role
  - Online courses
  - Volunteering
  - Projects.



Vocational  
Rehabilitation



Health and  
Wellbeing



Family and  
Community



Research



Technology in  
Rehabilitation



# The ABI TRS Vocational Rehabilitation Framework

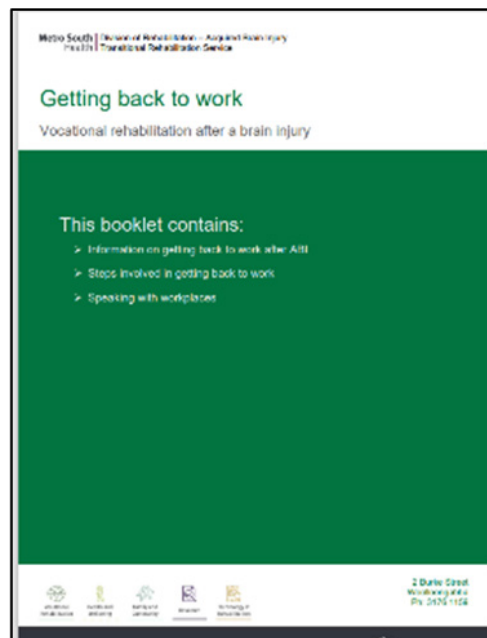
ABI TRS has developed an evidence-based comprehensive vocational rehabilitation framework. It aims to support clients to return to the workforce successfully and sustainably. It can include:

- Neuropsychology and other clinical assessments
- Worksite visits
- Individualised vocational profiles
- Work duties plans.

ABI TRS has published research around the vocational framework and held workshops training clinicians in the approach.

*The 'Getting back to work' booklet is a comprehensive resource for individuals and families to refer to around the return to work process.*

*A copy will be provided by your therapist.*



## Contacts and where to find ABI TRS:

### **Burke Street Centre**

Ground Floor, B2 Burke Street Centre,  
2 Burke St,  
Woolloongabba QLD 4102

Phone: (07) 3176 1159

Email: [abi-trs@health.qld.gov.au](mailto:abi-trs@health.qld.gov.au)

Website: [www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation](http://www.metrosouth.health.qld.gov.au/brain-injury-rehabilitation)

