



Returning to work after illness or injury is easier with supervisor support

Returning to work following an illness or injury is a complex challenge for people and workplaces across Australia. Supervisors play a critical role in supporting workers to return to work, but may have limited time, knowledge or confidence.

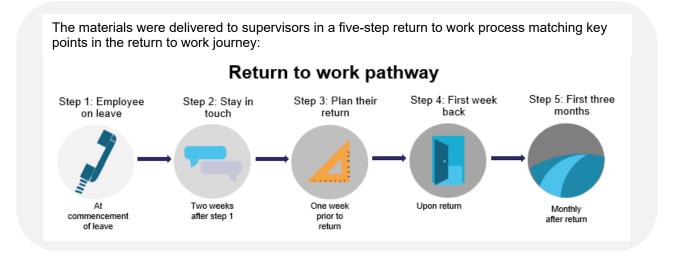
We drew on expert advice and behavioural science to design materials to help supervisors provide timely, tailored and ongoing support for workers.

We tested the materials with the assistance of case managers from two APS agencies.



Make a plan for how to keep in touch, taking into account the employee's preferences (e.g. via phone once every two weeks to begin with and over time you may want to change the inequency or mode of contact.

Conversation starters provide tips for making contact with workers (the example for step 1 is shown above).



Supervisors and case managers reported the materials were useful "Overall, I think the content is really good. [The Checklist] is great! The mental health content and language is great [in the suitable duties guide]" (HR, ATO)"

Tailored support materials provided at key points in the return to work journey can help supervisors to provide timely and appropriate support to injured or ill workers.

