

## Work declaration instructions

Please follow these instructions only if you have completed podcast 1, 2 and 3 and are reviewing your progress.

To fill out the work declaration form please have the two self assessments you have created in front of you.

To complete the 'my work schedule' section look at the full river timeline you created to resemble a full working day.

This included activities that may drain your battery throughout the day.

To avoid 'burn out' add within the 'my work schedule', ideas that will help alleviate this risk when returning to work.

We have given you some ideas such as:

To support me it would be helpful to have:  
regular breaks.

a phased return to work.

To start work later, to avoid traffic or have more time to prepare for work.

To complete the 'my work space' section look at the cross section resource you completed. Look within the environment section.

You've recognised that these elements you have written down within the environment section may impact on your return to work. Please now consider any needs that should be addressed within your working environment.

We have given you some ideas such as:

To support me it would be helpful to have:

A quiet environment

To work alone

A team to work with

A standing desk

For the section titled 'my stroke has impacted on' please look within the riverbed of the cross section self-assessment at the rocks you have added to resemble the challenges within your day. If you drew any rocks to symbolise any of the following below you need to request support from your employer.

Cognition

Thinking

Memory

Concentration

Planning

Physical

Mobility

Fine Motor

Gross Motor

Power

Strength

Communication

Verbal

Non verbal

Personality

Differences?

Emotional

Anxiety

Loss in confidence

Regulation

Frustration

Fatigue

In the column to the right, list ways your employer could support you with the challenges you have highlighted within the self assessment.

Under workplace regulations all employers have a legal duty to ensure a safe place for work. Therefore, you should be able to request an assessment for your return to work, to ensure it's suitable for your needs and changes can be made so that you can fulfil your work. If you feel that you require an Occupational Health assessment tick YES.

Now, think about a review date in which you can re-evaluate your needs. This form should be used to communicate your needs to your employer.