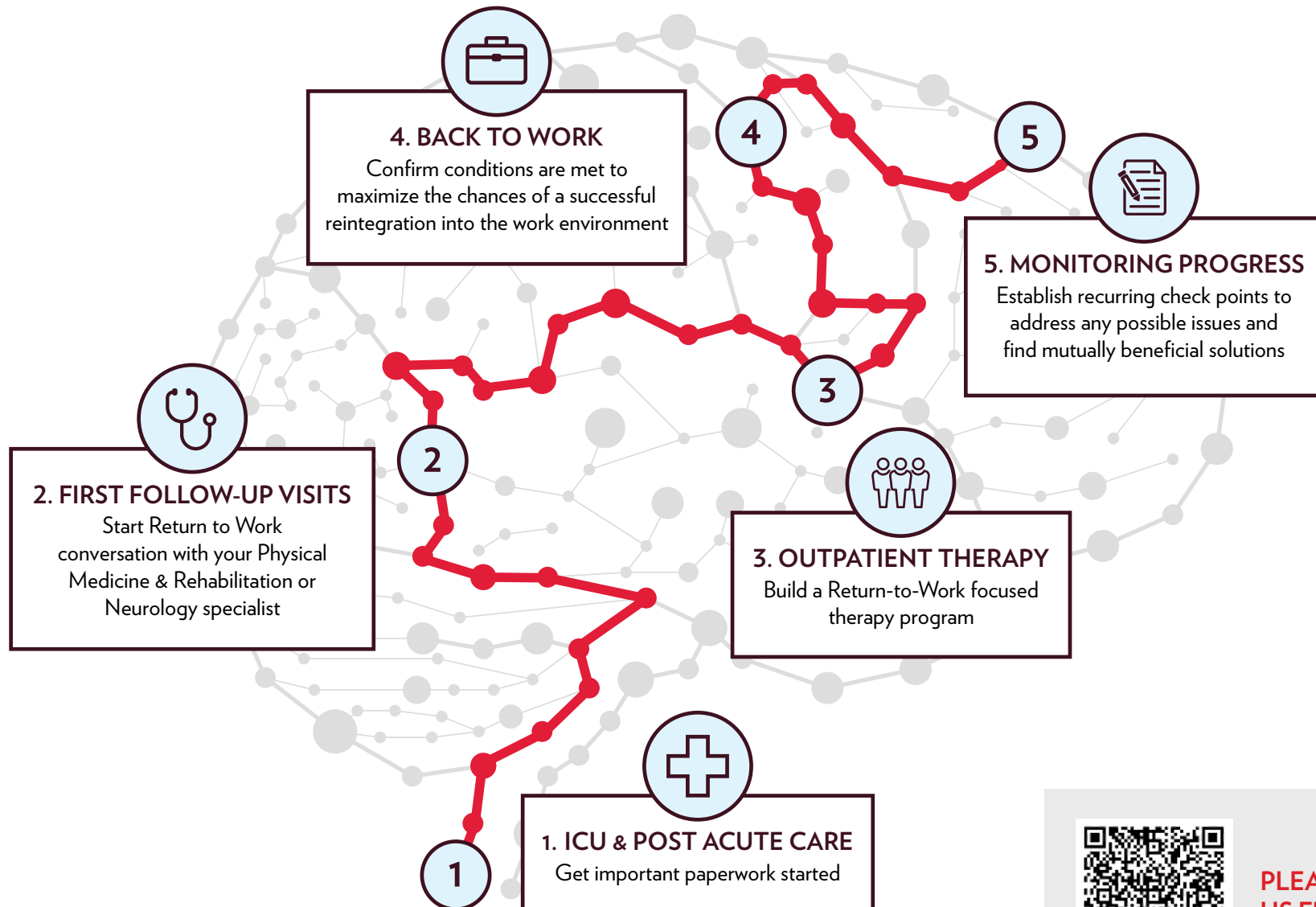


RETURN-TO-WORK ROADMAP



PLEASE GIVE
US FEEDBACK



1. ICU & POST ACUTE CARE	2. FIRST FOLLOW-UP VISITS	3. OUTPATIENT THERAPY	4. BACK TO WORK	5. MONITORING PROGRESS
When it is time, work with your ICU team to understand the road ahead.	As you make progress, you will have your first follow-up visits with your brain injury doctor.	When meeting your therapy team, work with them on the below:	When it is time to go back to work, confirm you have secured the following:	Once back to work, ensure you have a system in place to monitor your progress.
What you need to do: Alert your Employer about your hospital stay Understand your insurance benefits, sick leave, FMLA, company disability policy Ask Employer for essential job functions or job description Confirm follow-ups are scheduled with your brain injury doctor: Physical Medicine & Rehabilitation, Neurology or Neurosurgery Resources: Learn about what's next: https://shop.biausa.org/practicalguideforfamilies Send paperwork to: neurosurgery-paperwork@uchealth.com	What you need to do: Share your Return-to-Work paperwork with your brain injury doctor (FMLA, copy of essential job functions/ job description, etc.) Request updated Return-to-Work Notice after each clinic visit Discuss vocational therapy needs and referrals Schedule with outpatient therapy (OT, PT, Speech, Cognition) Resources: Understand Vocational Rehabilitation: www.ood.ohio.gov Learn possible TBI long term effects: https://msktc.org/TBI	What you need to do: Share a copy of the essential job functions/job description Ask your Employer for any policy on reasonable accommodations Communicate to Employer any job accommodations your therapists recommend Contact your Employer to discuss timeline and conditions to return to work, possibly gradually, and/or in a different role Address vocational goal with Rehab Therapist Resources: Research Job Accommodation Network: https://askjan.org/disabilities/Brain-Injury.cfm Legal help: www.biausa.org	What you need to do: Confirm start date Obtain approval from Employer for reasonable accommodations Connect with a "Buddy" at your job site who can assist with any questions Consider joining a TBI support group Be aware of your rights (i.e., Americans with Disabilities Act) Consider volunteering before getting back into work Resources: Visit the Americans with Disabilities Act: https://www.ada.gov/ Consult Job Search Network: https://ohiomeansjobs.ohio.gov/home	What you need to do: Complete a check-in with your Manager at regular intervals (ex: 3-6-9 months) Adjust accommodations along the way Check back with your brain injury doctors if issues arise, or additional outpatient therapy is needed (ex: Cognitive) Next step: Set up regular check-in meetings with Employer and Physicians (preferably TBI specialists)