

## Employment and Health Discussion

### Example Work Ability Plan

There are two parts to fill in with client as a take-away item:

(1) a general non-work non-threatening Life Plan for enhancing participation; (2) a fledgling return-to-work plan based on obstacles/solutions (Job Plan)

<b>Life Plan</b>	<b>Job Plan</b>
<i>This is about my general life - activity/social goals – things you want to be able to do more/better</i>	<i>This is about work difficulties and solutions – you can think about this now, even if not yet ready for work</i>
These are things I enjoy doing in my daily life (activities; hobbies; social):	Types of work or job tasks I can do right now?
>	>
These are some parts of life I'm finding difficult (health; activities; people):	Things about a job that I might find difficult?
>	>
Right now, I can make these things easier by:	Things that can be done to help make a job suitable for me, and the people who can help:
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I'm going to start with these actions:	Other things in life that need to change so I can work, and the people who can help:
>	>
I've made the following improvements to my life: (To be completed 2-3 weeks after the Discussion – look for the positives - take time to reflect on what you have learned and what's gone well)	
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