



# WHY WHOLE PERSON APPROACH?

✓ Physical

✓ Psychosocial

✓ Cognitive

✓ Spirituality

Creative solutions for workplace challenges

## RETURN TO WORK AND WORKPLACE ACCOMMODATION



An individual who sustained a physical injury or illness may continue to experience on-going pain symptoms and limitations.

An individual may experience chronic health conditions.

In addition to physical limitations psychosocial barriers may be interfering with the individual's progress.

The psychosocial or mental health barriers are often hidden, but if left unaddressed will interfere with moving forward with rehabilitation and return to work.

While working with an individual in the **Return to Work** process and **Workplace Accommodation**, the emphasis is on:

- safe gradual increase in job duties and hours that is closely monitored and adjusted based on progress
- recommend and implement the necessary tools and equipment required to safely complete the job tasks
- teach how to self-manage ongoing pain-symptoms together with participating in job tasks without workplace disruption
- identify psychosocial or mental health barriers that may be impacting with the return to work process
- identify and address any workplace concerns that may be impacting with the return to work process

“ It is all about breaking down barriers or roadblocks one step at a time

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