



Rehab Jigsaw
Piecing Lives Back Together

Head Office Address:

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MANAGING SICKNESS ABSENCE

Occupational Therapists (OT's) offer a vital contribution to managing sickness absence. OT's have a comprehensive training covering both physical and psychological health conditions. OT's are experienced in assisting employees who have suffered an injury or have an illness / health condition that affects their ability to remain in or return to work. They are skilled in assessing a person's physical, psychological presentation and cognitive function. In addition, they are experienced in analysing the job demands of a persons' work role and recommending potential solutions. Rehab Jigsaw can work with employers and employees in managing sickness absence.

Rehab Jigsaw's OT's are very experienced working with people whose physical, psychological or cognitive abilities affect their ability to fully participate in work activities. The OT may meet with the employee to assess the difficulties experienced. Consideration is given to their overall functioning and participation in everyday activities. Information is gained on their work role, the environment in which they work, and the job demands. Assessment can be undertaken through telephone assessment, face to face interview and / or practical assessment of the employee's functional abilities. A work site assessment can be completed to enable the OT to understand the ergonomic factors involved.

Through assessment, the OT gains detailed knowledge of the person, the effects of their condition / illness on their functioning plus information about the demands of their work role. Further to this, the OT identifies the barriers to the person remaining in or returning to work. The OT is then able to work with the employer and the employee to consider the barriers to the employee's full participation in work activities and potential solutions. These solutions assist with enabling the employee to maintain their work role or return to work and manage their sickness absence. When a return to work is not feasible the OT provides information from which the employer is able to make informed decisions to manage the employee.





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Following assessment, the OT provides specific advice to assist the employee to sustain their work role and manage sickness absence.

This may include:

- Providing the employee with advice and information on condition management
- Signposting the employee to information, additional treatments or support
- Assisting the employee to develop strategies to optimise their functioning for work
- Advising employers on modifications to the work environment
- Giving information on assistive and specialist equipment that may enable the employee to complete their work role
- Formulating a return to work plan including any suggested modifications to the work role, work environment or the hours worked
- Completing an AHP Fitness Report. This provides the employer, employee and their GP with information on the practical modifications to help a person remain engaged with or return to work.

When a plan is agreed with the employer and employee the OT will be able to assist with its implementation. The OT will also be able to provide ongoing review as the return to work plan or work place adjustments are implemented, providing additional advice as required.

Contact us

If you are an employer and would like to discuss our services with us, or an employee experiencing difficulties at work due to a health condition please contact us. We would be happy to talk through how Rehab Jigsaw can help you.

Rehab Jigsaw Ltd was established by Occupational Therapists and is managed by Occupational Therapists. We understand your needs and have a team of experienced, skilled and professional Occupational Therapists to offer services across the UK. We are more than happy to discuss your specific needs – contact us for further details.