

What is Early Intervention?

Early intervention refers to intervention and support offered “early” in a member’s onset of illness or symptoms, recovery, or disability, (though we do accept referrals from any NSTU member at any stage in their health concerns). It deals with the prevention of further illness, injury and disability and is part of being proactive in managing your health. The likelihood of a safe and timely return to work, has been shown to increase the earlier appropriate intervention commences.

Why Early Intervention?

Early Intervention can help decrease the incidence and duration of disability. NSTU Members who are on extended absence may not have contact with the school, NSTU, or colleagues. This can lead to feelings of isolation or detachment. Members may also need access to medical, vocational or rehab services. The earlier a member can start such treatment the more optimal the results may be.

Who is eligible for EIP?

Any NSTU Member experiencing illness or injury who is struggling to remain at work, return to work or is at risk of disability is eligible to participate.

Do I have to participate in the NSTU’s Early Intervention Program (EIP)?

Absolutely not. Your participation is completely voluntary.

How do I get involved?

EIP is a self-referral program. You can contact the EIP office directly by calling toll free: 1-800-565-6788, local: 477-5621 or via email at eip@nstu.ca.

Early Intervention Program *for* Teachers



Frequently Asked Questions

Is the information discussed with EIP confidential?

Yes. All information is handled with strict confidence and no information is released nor is contact with individuals outside EIP made without your written consent. All documentation is handled in accordance with the Personal Information Protection and Electronic Documents Act.

Who are the EIP Staff?

The EIP Staff are registered occupational therapists and employees of the NSTU. The OT’s will travel to your local community to meet with you, should you decide to participate in the program.

Is occupational therapy the same as physiotherapy?

No, they are two different methods of ensuring good health. Physiotherapists focus on improving a person’s movement and mobility through modalities such as exercise, heat, TENS, etc. Occupational therapists focus on maintaining or improving a person’s independence by identifying barriers which impedes their function, or ability to participate in everyday activities. Occupational therapists consider not only physical barriers (such as illness or injury), but mental ones as well.

What kind of support or assistance can EIP offer me?

EIP can help you access appropriate treatment (i.e. medical, vocational & rehab services), this may include ensuring proper ergonomics, providing stress management, facilitating the return to work or remain at work plans and encourage a collaborative effort in managing your health with your doctors, employers and others involved in your care. We can also help guide you in application for disability benefits.