

**What happens if a member
is not able to get back to work?**

The member will be guided through the process of early application to disability benefits in the event that return to work is not feasible.

**How does one know that personal information
remains confidential?**

The Early Intervention Program is committed to maintaining anonymity of the members involved unless a written consent form is signed by the member, which allows release of information to an identified individual(s) such as a physician, therapist, employer, or insurance company.

Is this a mandatory program?

THE EARLY INTERVENTION PROGRAM IS VOLUNTARY. A member can choose not to participate in the Early Intervention Program. The member can however make contact with the Early Intervention Program at a later time if he/she has a change of mind.



Early Intervention Program *for* Teachers

For more information, contact:

the MAP Nurse

at

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Nova Scotia
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Early Intervention Program *for* Teachers

Do you:

- *Struggle with injury, sudden/ongoing pain, time/stress management or illness?*
- *Need support and guidance at work or with getting back to work?*
- *Worry that your sick leave bank is running low?*
- *Have questions about applying for disability benefits?*

If you've answered "yes" to any of these questions, the Occupational Therapy staff in the Early Intervention Program may be able to help.

Early Intervention Program for Teachers

The Nova Scotia Teachers Union has committed to a voluntary Early Intervention Program for all of its members who are working or on sick leave and are experiencing injury or illness. The intent of the program is to provide encouragement, support and opportunity for active participation in order to facilitate an early return to health and work, or early application to disability benefits. The program is staffed by registered occupational therapists.

What is the aim of the program?

- To help NSTU members to stay healthy and continue working.
- To provide encouragement, assistance and support for members at risk of disability.
- To help NSTU members to assume an active role in the intervention process.
- To assist NSTU members in accessing medical and rehabilitation services.
- To involve the employer as an active participant in the return to work process.
- To facilitate early application to disability benefits as needed.

Why early intervention?

- Chances of successful recovery and/or return to work are greater if intervention begins at the onset of illness or injury.
- NSTU members who are absent from work for an extended period of time do not usually have contact with the employer, the NSTU and other professionals. There is often a feeling of isolation from the school, fellow staff members and students.
- NSTU members benefit from assistance in accessing medical services, considering vocational rehabilitation options, & completing forms in a timely fashion.

Who can participate in the program?

NSTU members who are experiencing illness or injury whether they are working or on sick leave are eligible for participation in the program.

How do members become involved in the program?

NSTU members may refer themselves to the program by contacting the Early Intervention Program directly. NSTU representatives, principals, and others may suggest the program to members who are ill or injured and may require assistance, however the member must contact the program directly to initiate their involvement.

What are possible methods of intervention?

The EIP staff may assist with coordinating health services and appointments (*for example: physician, therapist, counsellor, chiropractor*) or may become directly involved with vocational rehabilitation and return to work plans.

The EIP staff are occupational therapists who can also provide such interventions as ergonomics, stress or time management, as deemed necessary.

"The longer individuals are away from work, the more they develop a disability mentality. They begin to focus on what they can't do rather than what they can. They look at their disability rather than their ability."

Time Away From Work	2 months	6 months	12 months
Chance of Successful Return to Work	80%	50%	20%

– National Institute of Disability Management and Research