

A concept to motivate injured employees to take control of the progress of a WorkCover claim.

My own experience initially was not a positive one but through gaining knowledge (asking questions), by maintaining open communication with health and other professionals and by making my focus at the time, recovery, and getting back to work, it did end up to be positive. (In fact my recovery became my job for a while).

By taking control of the situation and empowering myself, new skills were identified and my employer realised I had more potential than formerly recognized. I fell back on previously learned skills and through persistence and determination, have created my own job within the organization. My new job is more exciting, more satisfying, with greater chance of promotion. I was granted a scholarship from my employer to study part time, this year.

I have worked hard to recover with 3-4 medical appointments in 1 week. My personal medical bills last year were over \$10,000 out of pocket, well spent. My outlook has changed. I see myself differently, not that it has all been smooth sailing. I have had a couple of set backs, but my security network has helped me get over those. My security network includes my doctor and physiotherapist, family and good friends. I would indeed be considered a positive case study.

The concept would be simply one word for example: my word CHOICE, to let people know they do indeed have a choice.” It is your choice to steer the process and work together with the right people to achieve a quick recovery” This process allows people to remember the important issues that can make a difference.

C	ONTROL THE PROCESS
H	AVE A POSITIVE ATTITUDE
O	RGANISE YOUR LIFE AROUND YOUR RECOVERY
I	IDENTIFY ALL AVAILABLE SERVICES
C	REATE A SUPPORT NETWORK AROUND YOU
E	MPOWERING YOURSELF CAN MAKE THINGS EASIER

Regards
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