



When you are ready to return to work after a long-term absence due to illness

Returning to work can be difficult, and you may need time to readjust to an active working life. When you feel ready to start working full-time or part-time after a long-term absence due to illness, it is a good idea for you and your manager to start by preparing a realistic plan for your return. You and your manager may find it helpful to use the model below to get started.

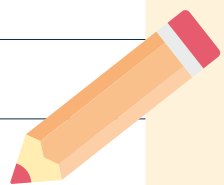
It may be relevant for you to have your employee representative or a trusted colleague participate in the talk about how to plan the first working period after your absence.

Work tasks

Reflect on what tasks, projects and team relations boost or drain your energy.

In order for you to get the best possible start, it is a good idea to discuss the points below

Theme	Agreed on xx xx	Agreed on xx xx	Agreed on xx xx
Working hours			
Work tasks			
Collaboration interfaces and relations			
Physical location			
Information			
Follow-up			





What can you ask your manager?

If you are uncertain about your return or have any other doubts, you may consider asking your manager about the following:

- I have some appointments with different therapists. Can I keep them, even though they are during working hours?
- Can I inform my colleagues about my period of illness and my return or does it have to come from my manager?
- How often should we follow up on how it is going?
- What happens if I have a relapse?
- Who should I talk to if I start to find things difficult again?

Note: The plan for your return to work is your manager's responsibility, but the plan can only be successful if it is based on a dialogue between you and your manager.



How to get help:

Call us on +45 70 23 02 03 if you still need treatment. We may be able to help you if the treatment is covered by your insurance covers with Danica Pension.