

Return-to-work assessment centres

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A return-to-work (RTW) assessment centre provides a detailed evaluation of your current medical and rehabilitation level, and the services you may require to reach *employability* at your date of accident level of activity.

Employability means you have the employment skills and abilities to return to the same level of physical and financial employment needed to do your date-of-accident job. WCB-Alberta will provide you with services, as needed, for you to achieve that level again. It will still remain your responsibility to actually obtain employment.

There are a number of different evaluations and services they provide, depending on your particular situation. Some of the services available include examination by a doctor or testing by an occupational/physical therapist (they have you perform basic activities and exercises to see what you are and are not able to do, compared to your date-of-accident job.)

Based on the results of the initial assessment (evaluation), recommendations may include but are not limited to:

- further treatment (e.g., X-rays, EMG's, CT scans, etc.)
- possible referral to Return-to-Work Service programs
- vocational services (Resume writing, job search skills, telephone skills, interview skills etc.)

All of these services are designed to help you return to employability. The service recommendations will be communicated to your family physician and your case manager.

Locations

The initial assessment at these centres can take up to two days. Centres are located in Edmonton, Calgary, Lethbridge, Red Deer, Grande Prairie and Fort McMurray.

All return-to-work assessment centres have arrangements with nearby hotels/motels to accommodate you during your assessment should you not live in one of the locations available. Reimbursement for your accommodation/travel costs should be discussed with your case manager.

Return-to-work service programs

A return-to-work service program, designed specifically to meet your medical and return to work needs (employability) may be recommended. This may involve:

- a variety of health care and related professionals (physical therapists, occupational therapists and exercise therapists, etc.)
- treatment (physical therapy, acupuncture, chiropractic and work simulation activities)
- physical conditioning (gradual improvement of your abilities)
- assistance with a gradual return to work plan (if you are still with your accident employer)

If admitted to a return-to-work services program, you will be required to attend up to five hours per day, every weekday for up to six weeks.

** Individualized treatment of work-related injuries can be arranged at the work site and immediately customized to suit your job. Accessing treatment at the work site may be more convenient for you and your employer. Your case manager or treatment provider may recommend this option for you.*

Finishing the return-to-work services program

Depending on your individual circumstances, it is usually expected that you will be able to return to either your date-of-accident type of work or some other form of employment. Once you are fit to return to your date of accident level of work, your WCB-Alberta return-to-work services will end.