

NEEDS WORKSHEET

A key aspect to understanding your disability and illness related needs at work, is to understand the nature of your illness and how it presents at work. This isn't always a fixed state. Complete this worksheet and then revisit on a regular basis.

BEFORE (PREVENT)	DURING (MANAGE)	AFTER (RECOVER)
<i>What triggers symptoms & episodes?</i>	<i>What symptoms present at work?</i>	<i>What symptoms remain in recovery?</i>
<i>Do you have indicators or early warning signs?</i>	<i>What treatment is required at this time?</i>	<i>What treatment is required at this time?</i>
<i>What prevention techniques are effective?</i>	<i>What do you need during an episode?</i>	<i>What do you need after an episode?</i>
<i>What supports are available?</i>	<i>What supports are available?</i>	<i>What supports are available?</i>