

Pathfinder Series: Returning to Work

This pathfinder provides information about resources available in the JCC Patient & Family Resource Centre and on the internet.

Books & Booklets

Business from bed: the 6-step Comeback Plan to Get Yourself Working Again After a Health Crisis / Joan Friedlander

Call Number: 5.1.4 2013

As one moves away from a time of ill health and pain, back towards wellness, it is easy to forget what you said you would do differently and gallop back to business as usual. This book outlines a 6-step comeback plan that can help the reader combat this normal tendency.

Prepare to Return to Work after Treatment for Cancer (online booklet)

http://www.uhn.ca/PatientsFamilies/Health_Information/Health_Topics/Documents/Prepare_to_Return_to_Work_after_Cancer_Treatment.pdf

This online booklet answers questions one might have about returning to work once cancer treatment is completed and a patient is feeling well enough to re-enter the workforce. Topics include how to prepare for your return to work, your rights as a worker and provides community and online resources to find more information and support.

Websites

Canadian Breast Cancer Network - Returning to Work (metastatic breast cancer)

https://www.cbcn.ca/en/mbc_practical_issues

This website refers to a study from 2016 which discusses women who have metastatic breast cancer who are working or plan on returning to work. There is reference to the Employment Equity Act which may be useful to some patients and a link to the newsletter that discusses returning to work after breast cancer treatment.

Canadian Cancer Society - Work and Finances

<http://www.cancer.ca/en/cancer-information/cancer-journey/life-after-cancer/work-and-finances/?region=bc>

This section of the Canadian Cancer Society website begins to answer questions people who are returning to work might have about insurance, long-term disability benefits and financial concerns.

Cancer and Careers

<https://www.cancerandcareers.org/en>

This website is designed to empower and educate people with cancer to thrive in their workplace by providing expert advice, interactive tools and educational events. There is information for people returning to work as well as information for employers and co-workers of those who are coming back to work after cancer.

Cancer and Work

<https://www.cancerandwork.ca/>

This website is designed to help patients and survivors with the process of returning or staying at work. The Cancer and Work website is collaboratively built using the knowledge from cancer survivors, healthcare providers, vocational rehabilitation specialists, human resources professionals, and other experts.

Leukemia & Lymphoma Society of Canada - Employment Rights of Cancer Survivors

<http://www.llscanada.org/managing-your-cancer/employment-rights-of-cancer-survivors-and-caregivers>

This website provides information on the Canadian Labour Code and the rights cancer patients and survivors have when returning to work. It also explains how to avoid discrimination and ways to enforce your legal rights.

Prostate Cancer Canada - Returning to Work

<http://www.prostatecancer.ca/Prostate-Cancer/Care-and-Support-Post-Treatment/Returning-to-Work>

Prostate Cancer Canada provides information to those looking to return to work after going through cancer treatment. This portion of the website looks at your labour rights, offers references and resources that may be useful and provides ideas for creating a return-to-work plan.