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Supporting Employers in getting Employees back to work

Reduce the 140 million working days that are lost to sickness absence in the UK[1]

The direct cost of sick pay to Employers is £9.0 billion per year, not including additional expenditure on interim staff to manage vacancies[1].

The 'Self-Management for Life – Online' web-based course is proven to significantly improve levels of health in tutored participants; with over 71% of people agreeing that they feel more confident in managing their condition after completing the course[2].

Who should Attend?

- Employees experiencing health issues affecting their work attendance

- Employees with single or multiple long-term conditions – e.g. stress and musculo-skeletal conditions, the two most common reasons for short and long-term sickness absence[3]

- Employees who are on long-term sick or have frequent short-term absences or those who frequently attend medical appointments

With 83% of employees[3] agreeing that paid work is good for physical and mental health it is important employers do all they can to help workers feel more confident about returning to work.

Self-Management for Life - Online

Benefits to Participants:

- (+) Improved confidence and attitude towards work and wellbeing
- (+) Reduced stress
- (+) Positive attitude and self-care behaviours
- (+) Better quality of life
- (+) Self-management tools and techniques for life
- (+) Assists myriad of health conditions, including stress and persistent pain

Benefits to Employers:

- (+) Strengthens the Organisation's Occupational Health initiatives
- (+) Is cost effective and easy to implement in your organisation
- (+) Encourages employees back into the workplace, reducing the frequency and cost of sickness absence
- (+) Augments the Government "Health, Work and Wellbeing Initiative"

Course Design

- (+) Gives participants the flexibility to learn at their own pace, location and convenience
- (+) Provides support from trained peer tutors who are available to answer questions and provide help and feedback when necessary
- (+) 7 interactive modules, which will give participants the tools and techniques they need to feel more confident and manage their health
- (+) Can be completed whilst employees are in work or on sickness absence

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- (+) Is a registered charity with over 12 years' experience working with the NHS
- (+) Is the market leader at the forefront of innovation and development in self-management education and training
- (+) Provides self-management programmes to patients with long-term conditions
- (+) Supports individuals in achieving better health and wellbeing

[1] "Health at work – an independent review of sickness absence, Dame Carol Black and David Frost, CBE, November 2011; http://www.dwp.gov.uk/policy/welfare-reform/sickness-absence-review/

[2] "Overview of Peer Support Models to Improve Diabetes Self-Management and Clinical Outcomes" Michele Heisler, MD, MPA, doi: 10.2337/diaspect.20.4.214 Diabetes Spectrum October 2007 vol. 20 no. 4 214-221

[3] Lelliott, P., Tulloch, S., Boardman, J., Harvey, S., Henderson, M. and Kanapp, M. (2008). Mental Health and Work. Royal College of Psychiatrists (RCPsych)