

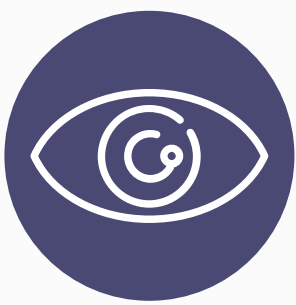
# RETURN-TO-WORK

## CONCUSSION AND VISION



### CONCUSSION

a concussion is a brain injury resulting in a sudden shaking or jarring of the brain inside the skull



### VISUAL SYMPTOMS

concussions have visual implications such as blurry vision, involuntary eye movement, sensitivity to light, etc. This symptoms may be difficult to identify in athletes presenting similar pre-existing symptoms due to their vision impairment

## SO, YOU HAVE A CONCUSSION. WHAT ARE SOME AVAILABLE ASSESSMENTS?

Employees who are blind or visually impaired may benefit from additional rehabilitation such as:

- Orientation and mobility assessment
- Functional Vision assessment
- Vision Therapy
- Vestibular and Oculomotor assessment

Make sure the assessments are done by a certified professional

## WHEN CAN I START TO RETURN-TO-WORK?



### GUIDANCE FROM PHYSICIAN

it is important to follow the Return-to-Work guideline as per instruction from the medical professional you are seeing for your concussion



### INITIAL REST PERIOD

an initial 48 hour rest period is key to give your brain time to rest before starting to return to any activities



## GENERAL RULES FOR GUIDELINE

1. each stage is at least 24 hours. Progress to the next stage only if activities are tolerated without new or worsening symptoms
2. if symptoms reappear, return to the previous stage for at least 24 hours
3. if symptoms don't improve, but continue to get worse, contact your doctor or get medical help immediately

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### INITIAL COGNITIVE AND PHYSICAL REST

#### ACTIVITY

Rest for 24-48 hours. Stay at home and try simple activities such as listening to quiet music

#### GOAL

Gradual re-introduction of typical activities

#### POSSIBLE MODIFICATIONS

Routine check-in, avoid bright lights/glare, use noise cancelling headphones, avoid overstimulating environments

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### LIGHT COGNITIVE AND PHYSICAL ACTIVITY

#### ACTIVITY

Add light activities such as chores, short walks, reading, using a screened device

#### GOAL

Increase tolerance to cognitive work

#### POSSIBLE MODIFICATIONS

Consider lighting and acoustics, increase font size/magnification on print, adjust screen brightness as necessary, use of a sighted guide or cane, avoid overstimulating environments

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### PREPARE TO RETURN TO WORK

#### ACTIVITY

Add more cognitive and physical activity

#### GOAL

Increase tolerance to cognitive work specific to occupation

#### POSSIBLE MODIFICATIONS

Work closely with an orientation and mobility specialist to ensure safety review, adjust screen brightness and font size as necessary, use of sighted guide or cane, if glare is an issue - try different glare lenses, consider lighting and acoustics

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## REDUCED WORKING HOURS WITH ACCOMMODATIONS

### ACTIVITY

Begin your return to work. Use the accommodations needed.  
Gradually increase working hours

### GOAL

Increase work activities

### POSSIBLE MODIFICATIONS

Provide alternative quiet work space, consider print and technology accommodations, encourage self-advocacy, consider lighting and acoustics

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## REGULAR WORKING HOURS WITH ACCOMMODATIONS

### ACTIVITY

Gradually decrease accommodations as tolerated.

### GOAL

Increase work to full hours

### POSSIBLE MODIFICATIONS

Provide alternative quiet work space, consider print and technology accommodations, encourage self-advocacy, consider lighting and acoustics

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## RETURN TO WORK

### ACTIVITY

Full return to regular work schedule without accommodations

### GOAL

Return to full work activities and catch up on missed work

### POSSIBLE MODIFICATIONS

Once employee has been cleared for full return-to-work without accommodations, there are no extra needed modifications

## FOR MORE INFORMATION VISIT:

- [parachute.ca](http://parachute.ca) for more concussion guidelines and protocols
- [catonline.com](http://catonline.com) for more concussion education
- [canadianblindsports.ca](http://canadianblindsports.ca) for more on athletes who are blind or visually impaired