

What is Work-Connected Recovery?

Rethinking What It Means to Get Better

Getting hurt at work doesn't always mean stepping away from work entirely. In fact, most people can stay connected in some way. When they do, they tend to recover better.

Work-connected recovery is about getting the care you need to heal, while also staying connected to your job. That could mean different duties, fewer hours, or modified tasks — whatever makes sense for your recovery.

It's not either working *or* healing, it's both. And the evidence backs it up: People who stay connected to work do better physically, emotionally, and financially.

But here in Nova Scotia, we've fallen behind. We lose more days to workplace injury than anywhere else in the country. It's time to shift the mindset, and the system, so that recovery and work can happen together.

For the worker, it means:

Focusing your recovery on what you can do, not what you can't do.

For the provider, it means:

Delivering care that not only treats the injury but supports safe, gradual return to work.

For the employer, it means:

Staying involved, offering suitable work, and being part of the return-to-work plan.

For the WCB, it means:

Building a connected, accountable system – one where care, recovery, and return to work happen together.