



**WORK & PRODUCTIVITY**  
**Information for Patients and Families**  
**Covenant Health**  
**Mental Health Program**  
**Grey Nuns Community Hospital**  
**&**  
**Misericordia Community Hospital**

**What is work?**

Work is paid or unpaid activity, occupation, or employment. Examples of work are homemaking, volunteering, supported work programs, sheltered workshops, and regular employment with an employer or self employment.

**Why work?**

We work to care for ourselves, to improve our self esteem, to build our self worth and increase our sense of self. As well we work to contribute to our society, to our family life, for financial rewards, to be productive and to be involved. We also work for socialization and to develop and maintain our work skills. Studies have suggested that many people with mental illness would like to have paid employment.

**How can you develop work skills in hospital?**

You can develop work skills while in hospital by attending Task Group to work on practical and social skills needed in the work place. By attending verbal groups, you can address and deal with work place issues that are social and/or psychological in nature.

Also in Task Group, you can use the patients' computer to research job/career opportunities. Also to practice computer-related work skills, to write resumes and to post resumes.

You can also research educational opportunities and institutions, which may lead to learning new skills and a new workplace.

**Supported Employment**

The goal of supported employment programs is to help people with disabilities to be employed in the open labour market. Supported employment programs are more effective than any other vocational programs in assisting people with mental illness in acquiring competitive employment. A few community agencies offer supported employment programs free of charge.

## **Volunteering Opportunities**

If you would like to volunteer in a nearby continuing care centre in any capacity, the occupational therapists in the mental health department can help you to make the referral. Please talk to any occupational therapists for details.

### **Which staff can help me in my work / job search?**

Occupational Therapists – can help you with practical job skills assessment, individually or through groups. This can be done through computer access, or by referral to volunteer opportunities.

Social Workers – can help on an individual basis through discussion and connecting you with community resources, placement agencies and volunteer opportunities.

Psychologists – can help with aptitude and career testing.

On-Site Placement Services- Every two weeks at the Grey Nuns Hospital, staff from On-Site Placement runs an orientation session about their supported employment programs. For details please ask any occupational therapist or social worker.

### **Where can I get further information?**

For more information, see your nurse, your doctor, or any of the professional staff involved in your care team at anytime or you can call the number on the back of the pamphlet.

### **Where Can You Get More Information?**

- ask your doctor or nurse
- call Health Link - 780 408-5465
- dial 211 for The Support Network

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