

MENTAL WELLBEING

RESTORE, a wellness and work readiness program



HEALTHIER, LONGER,
BETTER LIVES

We would like to talk to you about RESTORE, the AIA Australia Wellness and Work Readiness Program which you may find helpful during your recovery.

What is the RESTORE program?

When you are recovering from a mental illness there are a number of things that can assist you in getting your life back on track. You may be unaware of what you could be doing or think it's all too hard to achieve when in fact this is not the case.

The RESTORE program involves working with a specialist provider to develop a realistic plan, tailored to your needs. We believe the RESTORE program will provide the support needed to give you the best chance of recovery, moving towards wellness and improving your work readiness.

What is included in the program?

Some examples of the things that have been found to help increase wellness for work include:

- Confidence in your treatment and recovery plan.
- Having a routine and undertaking meaningful activities each day.
- Participating in regular exercise; this could be as simple as starting off with a walk around the block.
- Having a plan to assist you towards returning to the workforce.

Is participation compulsory?

No, participation is not compulsory so please take the time to consider this and talk it through with any of the people who are helping you at the moment. We have found that the earlier you start making these small steps, the more successful your recovery can be.

What do I do?

The program entails AIA Australia obtaining information from you about your current situation including the things that are causing you the most difficulties and then organising a meeting with one of our carefully selected providers. The provider will meet with you and your health practitioner. Together you will work out a plan to support and improve your recovery and readiness for work. The provider will then help you, step-by-step, through this process.

What does it cost?

There is no cost to you as AIA Australia will fund the services required.

Why is AIA Australia doing this?

We are aware that people with a mental illness are not always able to access the services or help they need. Having someone who is aware of your community resources can reduce the stress and anxiety involved in trying to recover. Accessing these services will lead to you becoming more productive and active which in turn will help RESTORE your wellness and readiness for work.