

VIRK vocational rehabilitation services

Information for individuals starting the services

VIRK is offering services to individuals who are dealing with various health problems and need assistance to return to work. The counselling focuses on vocational rehabilitation and requires full participation of each individual. VIRK's work procedures involves evaluating the individual present circumstances and his possibilities to get back to work.

Shortly after the individual has started the services with VIRK, his/her case will be reviewed by an interdisciplinary team. The team will set up a vocational rehabilitation plan for the individual to follow. Following re-evaluation an individually focused rehabilitation plan may be modified. In an interdisciplinary team there may be doctors, physiotherapists, psychologists, occupational therapists and social workers according to the individual's needs.

VIRK counsellors always work in cooperation with doctors. Individuals who receive services from VIRK counsellors will need a medical certificates describing their health problems. It can save considerable amount of time if a doctor sends the individual to VIRK counsellor with information that the doctor considers to be helpful for the individual's vocational rehabilitation. Doctors can also request services for an individual by filling out a form that is accessible both through "Saga" and through VIRK web side; <http://virk.is/page/samstarf-vid-laekna> .

The main conditions for receiving assistance through VIRK are:

- The individual is currently unable to do his/her job, or participate in the labour market due to obstacles related to his/her health problems which can be attributed illnesses or injuries. The Individual has been absent from work for a long time, or frequent short-term periods because of mental or physical health problems.
- The individual's goal is to become active participant in the labour market, or increase his/her participation as soon as possible.

Additionally:

- The individual has to be able and willing to effectively participate in the vocational rehabilitation process. The individual needs to be able to take responsibility for his/her own life, be able to participate in day-to-day activities and attend to his/her vocational rehabilitation plan.
- The services are likely to be effective at current time.
- Cooperation are between relevant parties such as general practitioner, therapist and employer when appropriate.



Please note that if an individual disregards his scheduled appointment three times in a row, whether it is in the beginning or during the service and he/she cannot be reached by phone, it is considered that he/she has declined and quit this service.

If you have any suggestions about VIRK services, please contact your counsellor, or a specialist in vocational rehabilitation at VIRK (telephone 535-5700).