**QuIVAA Worker Wellbeing Plan**

My wellbeing ultimately comes from knowing the key people in my life – boss , family, friends, whoever – understand me and the challenges I face medically, and with managing being on ODT, but know I am dedicated and will follow through with commitments – I may just need to get there in an unconventional way.

**What is important to me?**

* To feel trusted and valued
* have some opportunities for creativity
* to be able to access support when needed
* to ask questions
* to have a supportive and inclusive organisation, which communicates it’s willingness to make reasonable adjustments to people with physical or psychosocial disabilities (or who may just have chronic illness or other health conditions which don’t rise to the level of disability).

**This means I need**:

Understanding around my access to Buvidal (ODT), which is currently every 3-4 weeks, and understanding should I switch to a daily dosing situation again (which may require me to attend a pharmacy 2 to 3 times a week in the mornings). An understanding of what that can look like (eg, sometimes shit happens where they make you wait much longer than normal if they are busy or if there is an error).

|  |  |
| --- | --- |
| HighMediumLow |  |
| Level of energy/ capacity | Week- 1 2 3 4 |

**My Month**: - Buvidal monthly dose plus monthly period combine to create a ‘rollercoaster’ effect! \*Note sharp decline in week 4 lol

I drew this diagram to demonstrate my health and wellbeing needs and how I am able to best work within it.

**Week terms:**

* Week 1 – engine starting
* Week 2 & 3 – Power Zones
* Week 4 – Brrrrtt

**What do I need from my workplace?**

Just a continued understanding of this – particularly the week prior to my buvidal injection – when I can sometimes get headaches, less focus and concentration. Ideally, if I have a project coming up, I like to have some extra leeway to smash through it in my ‘power zone’ lol.

**What could this look like?**

Scenario example: I have a resource or presentation that is due in 1 month:

* Weeks 1- Begin work. Also check calendars and communicate with team- this will guide and plan work times for the project •
* Weeks 2 & 3 – do extra hours, after work and on weekends (maybe 3- 6 all up)
* Week 4- I then can relax knowing I’ve completed my job and have 3-5 hours up my sleeve I can use *if needed* to finish an hour early in that last week if I am feeling under the weather (unless a call comes through – this is always number 1 priority - in which case I just work as normal and potentially deduct the extra hours from the next work day).

**My responsibilities:**

* To document ‘extra’ hours and what work has been done in my calendar
* To communicate with co-workers throughout the month the hours I’ll be deducting (and to amend them as needed, working in with the needs of co-workers and Team)

**What I’d need from QuIVAA**:

* Communication on dates for deadlines so I can work towards them
* Trust – knowing that I will complete the task, but in an unconventional way

**What else do I need from QuIVAA to be the best person I can be and to manage wellbeing goals?**

To access training where possible and relevant to the job

To be able to plan a short holiday in advance – this is a personal goal