Elder Care Tip Sheet – Returning From Leave

Upon returning to work, you should not feel like you have to make up for the weeks you were out. You should not return to a mess or feel overwhelmed. Remember, the perfect plan doesn’t exist, but here are some helpful tips to help you with your transition back to work.

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**In-Touch Time**

Try to set up some regular “In Touch Time” with your supervisor and the employee(s) covering for you. This can be a brief scheduled phone conversation to help you remain in the loop on what is going on at work with your projects. It helps you feel less out of sorts when you return.

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**Express Your Concerns**

As you plan your return to work, make a list of your concerns and discuss them with your support system both at home and at the office. Which of those needs could you compromise and negotiate, even if some of them are only temporary?

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**Finalize Your Return Plans**

If you have not already finalized your return to work plan, research the alternative work arrangements to determine if they would help you. Emory has [Family Friendly Work Options for Caregiving](#) to help you. Once you finalize your plans, confirm them with your supervisor and share it with the family you were caring for and any people taking care of them. Provide them with any emergency contact information.

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**Embrace the Guilt**

Expect to feel some guilt about returning to work. It’s natural after dealing with difficult elder care issues and passing some responsibilities to other care givers, sometimes strangers. It is not unusual for a person to hold guilt over feeling relieved about returning back to work.

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**Deal with “Super” Person Syndrome**

We have all heard about the “Super Parents” and “Super Children” of the world, but they don’t really exist. The secret is to learn to prioritize and delegate. Learn to maintain healthy boundaries. If you feel overwhelmed, [FSAP](#) is available to help you at no cost and it is totally confidential.