



Self Improvement Tips: Working with a Disability

Working with a disability is not an easy thing to do. The disability may be physical or mental and may impair your ability to work; however, disabled persons need to survive just as much as the next person. Here I will cover some important aspects for those persons who are disabled and those who know someone who is disabled and looking for work.

1. Remember. Remember having a disability only makes you more special than the next person in a good way. Never feel as though you are stupid or can't do a job. You can. The type of job you can perform may vary depending on your disability. Work with that disability and find something you can do.

2. Talk to your employer. If you have a disability that will affect your ability to do the job then let them know. They may be able to accommodate you which will enable you to be able to perform the duties and responsibilities of the job with ease. If they cannot give you reasonable accommodations then you may need to look for more suitable work or may need to go to your EEO (Equal Opportunity Office) to discuss the issues with appropriate individuals who handle unfair job treatment for disabled persons.

3. Respect. Co-workers and bosses should respect those who have physical or mental challenges. Everyone should be given the chance at a job and to live a normal life. We all have limitations and knowing our limitations is important – it may affect the type of **employment** you are able to do.

4. Agencies. When seeking employment it may be necessary to register with agencies that place disabled employees into jobs they can do. There are agencies that work with individuals who have a specific disability. You may also want to apply with regular employment agencies and inform them of your disability.

5. SSI and SSD. Be sure to apply for Social Security Insurance or Social Security Disability. These monthly checks are designed to assist people financially and give them the means to supplement their income and support them if they are unable to work temporarily or permanently. You may also want to consider contacting vocational rehabilitation counselor to help you find employment.

Imagine being born with a disability or developing one over time. Perhaps you were injured on the job or found yourself plagued with sickness. It can be a challenge to work with a disability, but it can be done with success. Having supportive bosses and co-workers can mean having a job that is a nightmare or one you can enjoy going to each day. Don't give up though – there are jobs in



which you can perform and do well. To find out more about working with a disability and the most comprehensive job advice on the web go to www.hound.com.