

Employment and Productive Activity

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Return to Work “It’s Personal”

Factors May Include:

- Level of Injury and Severity
- Age
- Prior Work or Educational Experience
- Continuing Health or Medical Complications
- Financial Disincentives
- Adjustment to Disability

Work, “What is it”

- Not always for Money!
- Reason to get up in the morning
- Improved self esteem and self worth
- Increased personal satisfaction
- Provides structure to ones life
- Opportunity to socialize
- Be productive

Thinking of Work “Volunteer”

- Establish a routine
- Build Stamina
- Interact with people
- Self Evaluate
- Be productive

More Benefits of Volunteering

- Obtain a current reference
- Learn something new
- Focus on other people and things
- Explore a new career area
- Transition to paid employment

“I Think I’m Ready”

- How demanding is the job?
- How supportive is the work environment?
- Can you do the essential functions of the job with some accommodation
- Could you do a different job with the same employer?
- Financial impact

Benefits Counseling

- Positive Solutions- www.psbrc.org
- DVR
- Social Security
- LTD
- Health Insurance

Returning to work

- Self Advocate
- Consider part-time or adjusted hours
- Know your rights - ADA
- Identify reasonable accommodations
 1. Procedural
 2. Work Station
 3. Assistive Technology

Examples of Accommodations

- Procedural- Working from home, location of work area, modified schedules or co-worker assistance
- Work station- Table with adjustable height, keyboard tray or organization (lazy susan)
- Assistive Technology- Software (writing assistant), keyboards, mouse, etc

Who can help with accommodations recommendations?

- Vocational Rehabilitation Counselor
(DVR, L&I, SSDI, Insurance, etc.)
- An Assistive Technologist
www.watap.org
- Job Accommodation Network
(www.jan.wvu.edu) SOAR-Searchable Online
Accommodation Resource

Resources for finding a new job

- You! Finding a job – Is a job
- Washington Division of Vocational Rehabilitation- DVR
- SSDI – Ticket to Work
- Work Source – Employment Security
- Networking, Websites, Job Fairs
- Temporary work (temp to perm)
- SCI Forum Website

WA State Vocational Rehabilitation

- Vocational Assessments
- Assistive Technology Assessment
- Retraining
- Work Trials
- Job Placement
- OJT
- Transportation, ETC

Resources

- Washington DVR – 800-637-8627
<http://www1.dshs.wa.gov/dvr/index.htm>
- SSDI 800-772-1213
<http://www.ssa.gov/disability/>
- Work Source web site -
<https://fortress.wa.gov/esd/worksource/Employment.aspx?CurrentPage=Employment>