



Kidney Q&A

4-12 months

Life Options Rehabilitation Program
414 D'Onofrio Drive, Ste. 200
Madison, WI 53719
www.lifeoptions.org

Q: Where can I find help to get a job or go back to school?

A: Working or going to school can help you in many ways, from improving your finances to increasing your social contacts and your self-esteem.

What is your dream? Before anyone can help you find work or go back to school, you need to decide what you want. It will be easiest for someone to help you if you are very specific. It doesn't help to say, "I'll do anything." Ask yourself:

- Do I want to work or go to school full-time or part-time?
- Exactly what do I want to do or study?
- Am I physically able to work, or do I need to build up my strength?

Other sources of help:

- If you receive Social Security disability, an "employment network" counselor can do a job assessment and help you set goals and find a job.
- People you know may have leads for you or know someone who does.
- The Internet has many websites for job seekers, including those with disabilities.

What I can do to get the help I need to go to work or go to school:

- ❑ Ask my clinic manager about getting the dialysis schedule I need to keep appointments, work, or go to school.

- ❑ Talk to my social worker about Social Security work incentives, a referral to vocational rehabilitation, or scholarships for school.
- ❑ Make a list of past coworkers, friends, family, neighbors, people who go to my church or synagogue, and ask them about jobs they've heard of.
- ❑ Visit www.yourtickettowork.com to learn more about the Ticket to Work program and how an Employment Network can help me.
- ❑ Offer to do an internship to get recent experience and show my skills.
- ❑ Do volunteer work to add to skills and experience to my resume.
- ❑ Read *Employment: A Kidney Patient's Guide to Working and Paying for Treatment* at www.lifeoptions.org.