



Returning to work, career planning and volunteering

An amputation is a major event in anyone's life, and can result in significant changes to your personal and professional life. In some cases, following the recovery process, you may be able to return to the work you've previously done. Or in other cases, because of your changed circumstances, you may decide that you want to take on a different career path.

For many people, employment is an important part of their life. It can offer a sense of purpose, enhance physical and mental health, provide social and peer connections, give financial freedom, and lead to feelings of empowerment and contribution.

I plan on returning to work, what should I consider?

If you are planning on returning to work there are a few things to consider:

- Stay in touch with your employer. It's a good idea to stay in touch with your employer and colleagues throughout your recovery. It provides a chance to talk about the future and whether you may require supports when returning to work.
- Identify what assistance you might need in the workplace. You may find that some workplace modifications and/or assistive technology will assist you to return to work and perform duties safely and comfortably. Consider speaking to your occupational therapist about what might be needed in your workplace.
- Apply for funding support. If you and your employer think that some workplace modifications are required, your employer can apply for funding for these through Job Access. For more information call **1800 464 800** or visit **www.jobaccess.gov.au**



Can I get support when looking for work?

There is an entire industry dedicated to assisting people living with a disability to explore career opportunities, find work and maintain employment. Disability Employment Services (DES) is the Australian Government's scheme that provides support to job seekers with a disability, injury or health condition.

DES providers offer a range of supports, including:

- Career advice, based on a person's strengths and abilities
- preparing for work, including training and individual assistance
- job search support, including resume development, interview skills training and connecting with potential employers
- vocational training to help you develop new skills that can lead to more employment opportunities
- support when beginning a new job, including on-the-job training and co-worker and employer support
- ongoing support in the workplace
- access to workplace modifications, assistive technologies and support services

To find a DES provider in your area call Job Access on **1800 464 800** or visit www.jobaccess.gov.au/people-with-disability/about-des

Can I search and apply for a job directly?

Conducting a direct job search means you can look for work yourself.



- **Online.** You can search for work via online platforms such as SEEK, Career One, Jora, Indeed or the many others out there.
- **Newspapers.** Some job vacancies are listed in the employment section of state-wide or local newspapers.
- **Company websites and social media.** Some organisations advertise positions on their websites and social media (e.g. Facebook/Linked In). If there is a particular company or industry that interests you, it's worth checking to see if they have positions available.

If you are going to search and apply for jobs directly make sure you have your resume (CV) up-to-date and prepared. You may be asked to provide a cover letter and/or respond to key questions. There is a lot of information available online that can assist you in preparing these documents. It's a good idea to tailor your cover letter to the advertised role you are applying for prior to submitting your CV.

How can I apply for volunteering opportunities?



Volunteering is a great way of getting experience, contributing to the community, meeting new people and building new skills. Lots of charities and community-based organisations, including Limbs 4 Life, offer volunteering opportunities. The areas for volunteering are quite endless, ranging from working with animals, caring for the environment through to supporting those who are homeless.

If you have a particular passion or interest area, consider looking for opportunities online or contact a local organisation that you would like to support.