



Returning to Work

Amputee Coalition – The Power of You

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Returning to Work

Welcome today's presenters

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Returning to Work

Today we'll cover:

- Returning to Work: Considering your options
 - Returning to the same position at your current employer
 - Requesting a job reassignment with your current employer
 - Seeking employment with a new employer/new role
- Resume Writing and Interview Tips
- Resources and Support



Returning to Work

Considering Your Options

- Returning to same position at current employer
- You and your medical team have determined that you are able to continue working with the same employer in the same position.
- Can you perform the essential functions of your job with or without an accommodation?
- If you need an accommodation, what is the policy and process for requesting an accommodation? Who is the key contact person within the company?
- Identify the disability related barrier. What is the accommodation you will need to address the barrier and enable job performance? Consider both the essential functions and the work environment. If needed, seek technical assistance.
- Put your request for an accommodation in writing.





Returning to Work

Considering Your Options

- Requesting a job reassignment with current employer
- You and your medical team have determined that you are unable to perform the essential functions of your current job, with or without an accommodation.
- You want to remain with your current employer – what are your options?
- Assess your transferable skills – what other positions do you qualify for within the company and want to perform?
- Will you need an accommodation to perform the essential functions?
- Seek technical assistance, if needed.
- Request your accommodation in writing – reassignment to a vacant position that you can perform with or without, an accommodation.





Returning to Work

Considering your options

- Seeking employment with a new employer/new role
- You and your medical team have determined that you are not able to perform the essential functions of your current job, even with an accommodation.
- There are no vacant positions within the company or positions that are a good fit for you.
- Recommendations and references from your employer
- Preparing your resume
- Preparing to interview
 - Do you need an accommodation to participate in the application/interview process
 - Do you have a visible disability – deal with the potential assumptions of the interviewer
 - Prepare to address how you will do the job, with or without an accommodation
 - To disclose or not to disclose?



Resume Writing and Interview Tips

8 Tips to Marketing Yourself

- Be your best self by being your whole self
- Communicate with transparency & authenticity
- Build your brand
- Know the audience and the venue
- Understand stated minimum qualifications
- Highlight achievements and demonstrate value
- Share the “how” of what you have accomplished
- Trust the process and your path



Resources and Support

What are your options?

- **Vocational Rehabilitation:**
 - Worker's Comp - injured workers, return to work
 - Veterans – Veterans Readiness and Employment (VR&E)
 - Public VR – 78 State Agencies
 - American Indian/Alaskan Native Rehabilitation
- **Community Agencies**
- **ADA Resource Centers**
- **Assistive Technology Providers**
- **Rehabilitation Engineers**





Questions & Answers



Thank you!

