

YOUR WORK AND HEALTH ROADMAP

A GUIDE TO GETTING SUPPORT



Health issues can disrupt work.

Remember:

You're Not Alone — Thousands of Kansans face the same challenges

Help Exists — You just need to know where to look

Asking For Support is Appropriate — You deserve to work safely


You Have Options — Keep advocating for yourself



QUESTIONS TO ASK YOURSELF:



Which situation describes you best?

A background image of a city street map with several orange location pins. Four pins are connected to callout boxes containing text.

I want to **STAY AT** my current job with some changes

I want to **FIND DIFFERENT** work that fits my abilities

I want to **RETURN TO** my previous job as soon as I am medically able

I'm **NOT SURE** what I want or need



What's hard right now?



What would make work possible?

HOW DO I USE THIS ROADMAP?

This roadmap is not a step-by-step approach.

You know what is best for your situation.

Some of the suggestions in this guide may work well for you, and some may not be useful.

Use only what works for you.



HOW YOUR HEALTHCARE PROVIDER CAN HELP

Your healthcare provider can be a great resource! Here are some tips for including healthcare providers on your journey:

Your healthcare provider can include your Doctor, Nurse, Physical Therapist, Therapist, Psychologist, etc.

- Schedule an appointment to talk about what returning to work looks like.



- Some offices may call this a "forms completion appointment."

- Think about the work you do, or want to do, and be ready to describe how your health is making that challenging. You may want to bring your job description, or a sample job description.

What to Say:

"Work is important to me, but my health is making it hard. Can we talk about what I can and can't do at work?"



TIP: Share the Activity Prescription with your healthcare provider.

HOW EMPLOYMENT RESOURCES CAN HELP

For Everyone:



Workforce Centers

- Services workforce centers provide may include:
 - Job searches and resume help
 - Career counseling
 - Information about training programs
 - Referrals to other services

Contact: www.KANSASWORKS.com or call your local center

If You Have a Permanent Disability:



Vocational Rehabilitation (VR)

- Based on your situation, your needs, and your employment goal, VR will meet with you and determine what services you may be qualified for. Services may include:
 - Career counseling and planning
 - Job training and education
 - Workplace modifications
 - Job placement support

Contact: www.dcf.ks.gov/services/RS or 785-368-7471

REQUESTING WORKPLACE MODIFICATIONS

If you're currently employed, it may help to consider modifications to your work.

Remember: talking to your employer about this is **YOUR** choice.

The Job Accommodation Network (JAN) helps people find ideas for changes that can help them stay at work or return to work. It also shows simple ways to ask for and talk about these changes with an employer.

If you need help using the [JAN website](#) talk to a counselor at a Workforce Center.



What is JAN?

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues.

www.askjan.org | 1-800-526-7234

ADVOCATE FOR YOURSELF

Before Any Appointment:



Write down your questions



Bring documentation (resume, medical records)



Know what you're asking for

During Appointments:



Be specific about your needs



Take notes



Ask for clarification if you don't understand

If You Hit a Barrier:

Ask why and what you can do differently

Try another entry point or person

Be persistent but kind





QUICK HELP GUIDE

If You Need...

Go Here:

Help understanding
and documenting
your work limits



Healthcare Provider

Help finding a
new job



Workforce Center or
KANSASWORKS.com

Support for a
permanent disability



Vocational Rehabilitation
(VR)

Legal help with
discrimination



[Kansas Human Rights
Commission](#): **785-296-3206**

General job
accommodation
information



[Job Accommodation
Network \(JAN\)](#):
1-800-526-7234
askjan.org