

# YOUR WORK AND HEALTH ROADMAP

A GUIDE TO GETTING SUPPORT



A proud partner of the [AmericanJobCenter](#) network

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# 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.



## HOW TO 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.

# QUESTIONS TO ASK YOURSELF



Which situation describes you best?

A background image of a city street map with several orange location pins. Four callout boxes with blue borders and white backgrounds are overlaid on the map, each containing a different job situation.

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 YOUR HEALTHCARE PROVIDER CAN HELP

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



Your healthcare provider can include your doctor, physical therapist, psychologist, behavioral health counselor, etc.

- Contact your provider's office and ask if you need a visit to complete your work forms. They will guide you on what to do next.
- 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 form with your healthcare provider so they can clearly document your activity limits and improvement plan.

# HOW EMPLOYMENT RESOURCES CAN HELP

## Support For Everyone:



Connect with **KANSASWORKS** to access the following services and resources:

- Job search and resume support
- Career counseling
- Information about training programs
- Referrals to other services

Visit [www.KANSASWORKS.com](http://www.KANSASWORKS.com) to chat with a specialist or find the phone number and address for your nearest workforce center.

## Support for People with Long-Term Disabilities:



Vocational Rehabilitation (VR) can meet with you to determine which services you may qualify for based on your situation, need, and employment goal. Services may include:

- Career counseling and planning
- Job training and education
- Workplace modifications
- Job placement support

Visit [www.dcf.ks.gov/services/RS](http://www.dcf.ks.gov/services/RS) to learn more and find the office serving your community so you can schedule an appointment.

# 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) offers ideas for changes that can help people stay at work or return to work. It also provides simple, practical ways to ask for and talk about these changes with an employer.

If you need help using the [JAN website](#), please connect with a **KANSASWORKS** specialist.



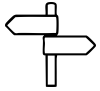
## What is JAN?

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](http://www.askjan.org) | 1-800-526-7234

# ADVOCATING FOR YOURSELF

## Before Appointments:



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...

## Contact...

Help understanding  
and documenting  
your work limits



A healthcare provider

Help finding a  
new job



[KANSASWORKS.com](https://www.kansasworks.com) or  
your nearest Workforce Center

Support for a  
long-term disability



Vocational Rehabilitation  
or your nearest VR Office

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](https://askjan.org)