

# Employment

- **Working polio survivors need to regularly review physical stamina and pain levels**
- **Sometimes changes need to be made in the workplace to perform a particular job**
- **Disability Employment Service (DES) providers can help you look for work or stay in a job**
- **Work Assist can help if you risk losing your job due to illness, injury, or disability**

Polio survivors can find certain jobs and/or workplaces difficult depending on their experience with:

- [fatigue](#)
- [muscle and joint pain](#)
- [use of orthotics](#)
- [use of aids and equipment](#)

If you are employed, regularly review your physical stamina, pain/strength levels, and workplace environment. Changes can be made in the workplace to help you perform a particular job.

## Important Questions To Ask

The following questions may need to be asked so that solutions can be found:

- Are you in a job where you have to stand for long periods of time?
  - Does standing for long periods make your muscles and joints ache?
  - How long can you stand before you feel pain? How long does it last?
  - Is it possible to do your work sitting down, or supported by a standing frame?
- Does your work require the repetitive use of your hands and arms?
  - Do you find that your arms, shoulders, and/or neck become fatigued/painful?
  - How long can you work before you feel pain? How long does it last?

- Is it possible to limit the repetition by mixing other tasks into your work schedule throughout the day? For example, only do each task for 15 minutes before swapping to a different task
- Would support equipment such as an ergonomic arm stand be helpful?
- Do you get so tired that it is difficult to concentrate or perform your work?
  - Would your employer consider reducing your hours? or allow flexible working arrangements such as working from home?
- Do you have the proper equipment to support your physical needs? For example, do you need an ergonomic chair with back support and arms to help you stand up?
- Does your workplace environment meet your access needs? For example, is there a wheelchair accessible toilet, or a stall with handrails?

## Funding

[Employment Assistance Fund \(EAF\)](#): funding to make workplace changes. This can include buying equipment, modifications or accessing services for people with disability. Physical workplace adjustments and building modifications are capped at \$30,000.

[JobAccess website](#): provides a range of information including funding for workplace changes. Ph: [1800 464 800](tel:1800464800)

## Disability Employment Service (DES)

DES providers can help if you're looking for work or have a job. This includes assisting you to:

- train in specific job skills
- write your resumé
- train in interview skills
- look for jobs that suit you

If you have a job, a DES provider can help you with:

- speaking to your boss and co-workers
- ongoing support in your job
- modifying your workplace

If you risk losing your job due to illness, injury, or disability, you can get help from [Work Assist](#) to help you stay in work.

### How To Register

You can register for DES through Centrelink, or direct through a DES provider:

- call the [Centrelink employment services line](#), or
- visit a [Centrelink service centre](#)
- find a DES provider through the [JobAccess](#) website, then contact directly and ask to register

Both Centrelink and the DES provider will refer you to an [Employment Services Assessment](#) if you need one.

Medical evidence or information is often needed for funding or job assessments. If you have difficulty with tasks or workplace environment, it is recommended that you discuss this with your GP or Rehabilitation Specialist.

*This information is from the [Department of Human Services \(DHS\)](#) website.*



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