

1. RESEARCH POTENTIAL JOB ROLES

Whether this is a short term opportunity or long term, it is important to do a bit of research about the type of job you are looking for. Ways to do this?

Assess the pros and cons

Ask those working in a potential job you like some questions.

"What is the best and worst part of the job?"

"Do you like this job?"

"How did you get into this job?"

Observe the job and do some Googling on the qualifications, salary etc.



Work environment

It is also important to consider the work environment - as you'll be spending most of your time there!

If loud, busy, fast paced environments are very stressful for you then choosing a job that has that type of environment wouldn't be a good idea.



Finally consider the people you work with - as you will be working with them for a long time! People you work with should respect you, communicate with you and not discriminate against your needs.

2. IF IT'S A LONG TERM CAREER..

Ikigai is a concept that aims to combine aspects of passion, mission, love in choosing a career. If it is something you love, the world needs, that you are good at, and can be paid for - potentially it is a great career choice for you.

Ikigai

A JAPANESE CONCEPT MEANING "A REASON FOR BEING"



3. FIND DISABILITY EMPLOYMENT

Fortunately, there are more businesses/companies that are looking to hire those with disabilities. Certain organisations that help with finding employment for those with disabilities are:

[Disability Employment Services](#)

[Job Access](#)

[APM](#)

[Max Solutions](#)



Disability friendly jobs

Many desk jobs are suitable for those with disabilities as they are not physically demanding. Some include:

- Marketing
- Accounting
- Call centre
- Office receptionist
- Computer Science
- IT
- Photography

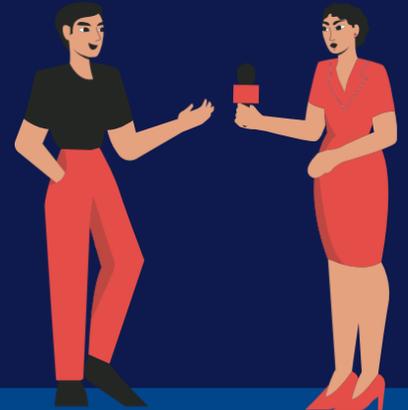


These are just examples but of course it will depend on your disability.

4. APPLY FOR THE POSITION

Final step is to apply for the job. Include any relevant information about your disability. There are services and guides online on how to create a CV/Resume and cover letters.

Include how you fit the criteria listed on the job descriptions. Don't feel discouraged if you don't get a reply, sometimes you need to modify the CV and cover letter. If your application is successful usually there is an interview...



5. ATTEND THE INTERVIEW

Now the next step is to actually attend the interview. If you are unable to transport yourself to the interview yourself - you can use transport supports or try to arrange a virtual interview.

It is normal to be a bit anxious or stressed out, but if you aren't successful there are many other jobs available. Good luck!



Please note: There are SLES ([School Leaver Employment Supports](#)) and Supported Employment opportunities available for those with disabilities, so if you are having trouble finding work or want to learn new skills contact your NDIS provider.

Sources

<https://gradaustralia.com.au/disability/employment-support-for-people-with-disability>