



# Employment and Training

Following SCI you may find that:

- You cannot return to your old job or study
- You need to find a different job or study
- You can do some of your old job, but not all of it
- You have never had a job before and want one.

You may need to:

- Work shorter hours, at least at the start
- Learn new ways of doing things
- Change jobs
- Get support while you get back to work.

Employment can be paid or unpaid and unpaid work can lead to employment later.

A mobility allowance is available for people with disabilities who are working in paid employment, as a volunteer or are doing a course for an average of eight hours or more per week.

Questions that you may like to ask yourself when considering whether it's the right time to return to or start work include:

- What skills do I have?
- What interests me?
- Can I think of any jobs that I would like to do?
- How am I able to deal with potential barriers to working or studying?

There are a number of services available to help you to answer these and other questions, and provide support when commencing or returning to work or study.

If you are interested in furthering your education please refer to the list of Education Information and Assistance in the 'Returning to the Community' Fact Sheet.



## For further information and assistance

- Commonwealth Rehabilitation Service (CRS) ..... **1800 624 824**  
or visit ..... [www.crsrehab.gov.au](http://www.crsrehab.gov.au)
- Active Employment ..... **02 9635 6300**  
or visit ..... [www.activeemployment.com.au](http://www.activeemployment.com.au)
- Australian WorkPlace/JobNetwork  
Employment Services Information Line ..... **13 62 68**  
or visit ..... [www.jobsearch.gov.au](http://www.jobsearch.gov.au)
- Disability Services Australia (DSA) ..... **02 9791 6599**  
or visit ..... [www.dsa.org.au](http://www.dsa.org.au)
- Workplace Modifications Scheme –  
Disability, Sickness and Carers Info Line call ..... **13 27 17**
- Department of Family and Community Services (FaCS) offer as Workplace  
Modifications Unit **1800 814 838**. FaCS also provide a network of Disability  
Employment Assistance, for a list of certified employment organisations visit  
..... [www.facs.gov.au](http://www.facs.gov.au)
- Northcott Society Jobmatch **02 9890 0970** or visit ..... [www.northcott.com.au](http://www.northcott.com.au)
- SCI Workforce Australia ..... **02 9669 5277**  
..... [www.spinalcordinjuries.com.au](http://www.spinalcordinjuries.com.au)
- Mobility Allowance contact Centrelink ..... **13 27 17**  
..... [www.centrelink.gov.au](http://www.centrelink.gov.au)
- Contact a specialist private rehabilitation service for work rehabilitation or career  
counselling by referring to the white or yellow pages of the telephone directory  
under "work", "vocation" or "career"

