

## Worried about losing your SSI/SSDI benefits?

We know that many people are worried about losing their Social Security or other benefits if they return to work.

However, Social Security offers programs that allow you to work while maintaining some of this income.

By returning to work while still qualifying for Social Security benefits, you will actually have more income in your pocket each month.

Talk to your case manager to learn about resources in your community that can help you return to work.

### Contacts:

Oregon HIV Care and Treatment Program  
[www.healthoregon.org/hiv](http://www.healthoregon.org/hiv)

# GETTING TO WORK



Oregon  
**Health**  
Authority  
PUBLIC HEALTH DIVISION

This document can be provided upon request in an alternate format for individuals with disabilities or in a language other than English for people with limited English skills. To request this publication in another format or language, contact the HIV Care Program at 971-673-0144 or 711 for TTY.

OHA 8499 (08/2012)

Oregon  
**Health**  
Authority  
PUBLIC HEALTH DIVISION

## Deciding to work: A guide for people living with HIV

Oregonians living with HIV, just like you, are going back to work or looking for a new job.

Employment is very important to people living with HIV. It often reduces symptoms and side-effects and improves quality of life. Work also increases income.

In fact, one in three people living with HIV say they would return to work if they had the support and resources to do so.

Are you ready to return to work or find a different job? Find out by answering the following questions:

### Assessment of job readiness

Read each of the five statements below that apply to you. Place an X in the box that best describes how you feel.

#### If you are EMPLOYED

- I am very unhappy with my job, and need to make an immediate change.
- I am not sure how I feel about my job. I'm not sure if I want to change it.
- I am generally happy about my job, but would maybe make a change in the future.
- I am very satisfied with my job, and definitely don't want to change it.

#### If you are UNEMPLOYED

- I am very unhappy with being unemployed, and need to make an immediate change.
- I am not sure how I feel about being unemployed. I want to work, but don't know where to begin.
- I am OK with being unemployed right now. I might be interested in working at some point in the future.
- I am very happy not working and don't see myself returning to the work force.

**Talk with your case manager about how you evaluated your job readiness.**

## Employment resources

Oregon has a variety of employment resources to help you return to work or find a new job. Your HIV case manager can help you decide whether you're ready to make a change and, if so, help you find job-related services. Here are some of the resources your case manager can help you access:

- Skills and interest assessments
- Vocational counseling
- Training or education
- Resume and cover letter improvement
- Help with job interview skills
- Special equipment or technology you may need to successfully return to work or hold a different job
- Help in finding and keeping a job
- Job coaching

