

Back to Work and Education
May 2020
Patient Education Presentation

National Spinal Injury Centre
Stoke Mandeville Hospital

Back to work and education

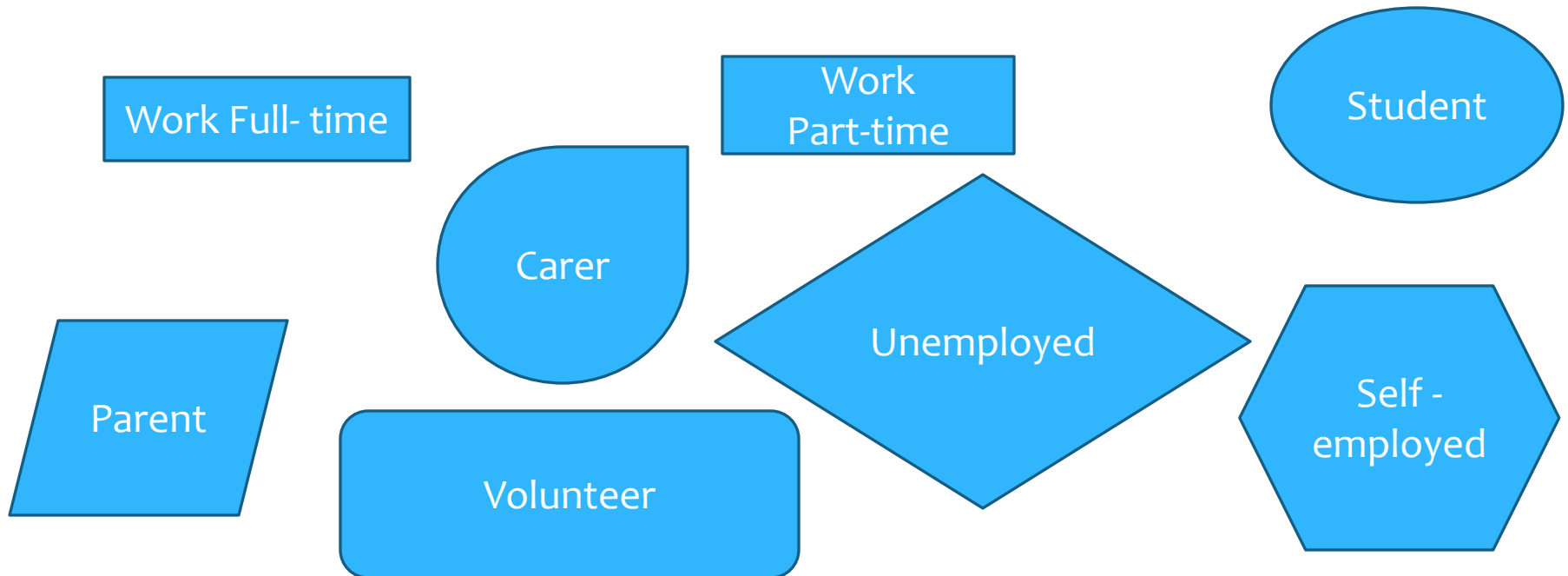
This is intended to help you by providing information, signposting and steps you may need when thinking about returning to work, education or other occupation.

Everybody has to make decisions at their own pace and time. This is not a definitive guide, merely to give you some ideas to think about.

Back to work and education

How are we defined?

In society people are often described by what they do, for example:



Back to work and education

How are we defined now, after our Injury?

We are exactly the same people. However, we live with a condition which we manage so that we can carry on as we did before or change what we do.....



Back to work and education

After a spinal cord injury most people want to return to their employment. In order to do this they may need additional support, possibly training and help from services.

It is up to the individual to ensure that they get the best possible advice and guidance, and this will be bespoke to them.

Returning to work may not be a possibility for some, and again this is an individual's decision.

Back to work and education

What options do we have?

- * Return to previous work
- * Start a new job/career
- * Study
- * Become self employed
- * Join an apprenticeship scheme
- * Do a work trail/work experience
- * Volunteer
- * Perhaps take up a new hobby or pastime



Back to work and education

Education

Learning something new might be of interest to you, but if you are not sure where to start, there are many websites where you can browse through for free courses and content.

Here are some online courses, together with the web addresses you will need to go to find out more:

- * **Skill Share free classes:** <https://www.skillshare.com/classes/free>
- * **Reed free courses:** <https://www.reed.co.uk/courses/free>
- * **TED Talks:** <https://www.ted.com/talks>
- * **edX:** <https://www.edx.org/subjects>
- * **Future Learn:** <https://www.futurelearn.com/>
- * **Alison:** <https://alison.com/courses>
- * **Open Learn:** <https://www.open.edu/openlearn/free-courses>

Back to work and education

Education

You might want to consider doing a course at college or perhaps university. Some adult education courses which are run by local council take place in both daytime and evenings:

- * **University UCAS:** <https://www.ucas.com/undergraduate>
- * **Adult Education:** Local authorities will have adult college, for day and evening classes, you can search from your local authority directory
- * **Tertiary Colleges:** to study GCSE's BTEC, A Levels and other vocational qualifications

If you study for a qualification, you may be entitled to a **Disabled Students Allowance** towards the costs of equipment or resources to help you access learning

Note: This will not cover course fees

<https://www.gov.uk/disabled-students-allowances-dsas>

Where can I get advice and guidance online?

There are many institutions and government bodies which give advice and guidance, on the following slide there are links to the three specific spinal charities (Aspire, Back Up, SIA) and the UK government, which you might find useful in terms of going back to work.

We have added the web addresses you should enter in your browser, to take you directly to the relevant sites.

NOTE: There are links to more information about the 3 charities on the home page of this website

Back to work and education

What agencies can I get help from?

Backup

<http://www.backuptrust.org.uk>

Aspire

<http://www.aspire.org.uk>

Support for Back
to Work

**Spinal Injuries Association
(SIA)**

<https://www.spinal.co.uk>

Gov.uk

<https://www.gov.uk/browse/disabilities>

Back to work and education

Where next?

- * Speak to your clinical team for advice and guidance
- * You could make contact with your employer and discuss your opportunities.
 - * You may need to look at what reasonable adjustments need to be done to help you back to work
 - * Use Access to work to help with these:
<https://www.gov.uk/access-to-work>
- * You could explore new job opportunities
- * You could find out about education/study
- * You could explore volunteering – national website <https://do-it.org>

Back to work and education

Make a plan

- * Write down what you have/want to do,
- * Discuss this with family/friends.
- * Research employment/education/training possibilities.

Back to work and education

Useful Links:

UK Government: Disability and work	https://www.gov.uk/browse/disabilities/work
Disability Rights UK	www.disabilityrightsuk.org
Future Learn	https://www.futurelearn.com/
Back Up	www.backuptrust.org.uk/home
Spinal Injuries Association	www.spinal.co.uk
Aspire	www.aspire.org.uk
Access to work	www.gov.uk/access-to-work/overview https://www.gov.uk/government/publications/access-to-work-factsheet/access-to-work-factsheet-for-customers
Disability rights (GOV)	https://www.disabilityrightsuk.org/careers-and-work-disabled-people
Do It (volunteering)	do-it.org
Disabled Students Allowance (GOV)	www.gov.uk/disabled-students-allowances-dsas/overview

Back to work and education Finally....

- * Your injury should not stop you from doing what you want to do in terms of employment, education or training
 - * You can if you think you can!
 - * Good Luck!

This is the property of NSIC Stoke Mandeville Hospital
Compiled for the purpose of NSIC Patient Education