

Working with a rheumatic disease

AN INTERACTIVE TOOL FOR YOUTH AND YOUNG ADULTS

CAREER PLANNING TOOLS

Arthritis Society: Workplace Accommodations for People With Arthritis

Think about the kind of workplace that will allow you to find and keep a job, as well as the specific job tasks that will allow you to work well with your condition. For example, consider how much sitting, standing and lifting might be involved in the job.

<https://arthritis.ca/support-education/arthritis-and-work/in-an-employer/workplace-accommodations-for-people-with-arthritis>



JOB SEARCH TOOLS

Government of Alberta: Career InSITE

A career counsellor can help you learn about the types of jobs that may be best suited to your skills and interests as well as your health needs. Also, job postings often describe the physical demands and work environment of a job.

Free in-person and online career counselling services are available, often through community organizations and government services.

<https://alis.alberta.ca/careerinsite/>

Government of Canada: Job Bank

Search the jobs you are interested in to determine the technical skills and training they require.

<https://www.jobbank.gc.ca/home>

JOB SKILL REQUIREMENTS

Government of Alberta: Know Your Employability Skills and How to Sell Them

Ensure that you have the “soft skills” needed (for example, teamwork, communication and collaboration skills) that many employers desire.

<https://alis.alberta.ca/look-for-work/do-you-have-the-skills-employers-want/>

Indeed: Career Guide

Use your resume to showcase the skills and experiences that make you a good candidate for the types of jobs you are pursuing.

<https://www.indeed.com/career-advice/resumes-cover-letters/10-resume-writing-tips>

FINDING WORK WITH A HEALTH CONDITION

Government of Alberta: Finding Work as a Person with Disabilities

As a candidate for a job opening, think about how you can show a potential employer the skills you can bring to the position.

<https://alis.alberta.ca/look-for-work/additional-resources-for-specific-audiences/for-persons-with-disabilities/finding-work-as-a-person-with-disabilities/>

DISCLOSURE PLANNING RESOURCE

Arthritis Society: Planning Your Conversation About Arthritis at Work

Make sure you balance the pros and cons of disclosing your health condition to a potential employer and have a plan in place before you do. You may also choose to wait to talk about your health needs until you receive a job offer.

<https://arthritis.ca/support-education/arthritis-and-work/i-m-an-employee/planning-your-conversation-about-arthritis-at-work>

RHEUMATIC DISEASE AT WORK RESOURCE

Arthritis Society: Arthritis and Work

Ensure that you have a plan in place to manage your condition at work.

<https://arthritis.ca/support-education/online-learning/arthritis-and-work>

GENERAL LEGAL INFORMATION RESOURCE

Disclosing Your Disability: A Legal Guide for People with Disabilities in BC

Learn more about your rights in the workplace.

<https://disabilityalliancebc.org/wp-content/uploads/2017/06/>

[DisclosureGuide.pdf](#)



JOB ACCOMMODATION RESOURCE

Arthritis Society: Workplace Accommodations for People With Arthritis

Consider the different job accommodations that can potentially be used to support your employment.

<https://arthritis.ca/support-education/arthritis-and-work/i-m-an-employer/workplace-accommodations-for-people-with-arthritis>

Government of Alberta: Finding Work as a Person with Disabilities

Ensure as much as possible that your job is a good fit for both your health and your career goals.

<https://alis.alberta.ca/look-for-work/additional-resources-for-specific-audiences/for-persons-with-disabilities/finding-work-as-a-person-with-disabilities/>

RHEUMATIC DISEASE AND HEALTH MANAGEMENT FOR YOUNG PEOPLE

Arthritis Society: Flourish

Talk to a trusted health-care provider to learn what different approaches may be available to help manage your health.

<https://arthritis.ca/living-well>

RHEUMATIC DISEASE AND PAIN MANAGEMENT FOR YOUNG PEOPLE

Cassie and Friends: Pain Management Resources

Specific strategies are available to help you manage your pain.

<https://cassieandfriends.ca/pain-2/>

MENTAL HEALTH RESOURCE

Cassie and Friends: Mental Health Resources

Resources are available to help you take care of your mental health.

<https://cassieandfriends.ca/mental-health/>

DISABILITY INCOME SUPPORT RESOURCE

Government of Canada: Disability benefits

If you are not able to find work because of your health, you may be entitled to disability benefits and other supports.

<https://www.canada.ca/en/financial-consumer-agency/services/living-disability/disability-benefits.html>



About these resources

This list of resources is a companion to the online toolkit *Working with a rheumatic disease*.

The *Working with a rheumatic disease* toolkit is based on best available research, and offers information and recommendations that you can access as you navigate the working world.

