Returning to work after a stroke is a big decision, and the transition can be challenging, depending on how severe your stroke was. Here are some helpful tips, tools, and programs to help you along the way.

### Overall Resources to Get Started

- **The American Stroke Association** has a great template for setting short- and long-term goals for yourself. The goals can serve as a great communication tool between you and your employer — it’s important that you each understand the expectations around your return to work.  

- **At Stroke.org** you can find a list of organizations that provide resources like an index of searchable job databases for people with disabilities and guidance for workplace accommodations:  

- You may want to consider completing a **Reasonable Accommodations Agreement** with your employer to make sure you and your employer have a record of agreements for work accommodations. This can serve as a working document if your job position or location gets changed. If HR doesn’t have one, templates are available online to create your own.

- Determine if you’re eligible for **Ticket to Work**, which provides employment services and allows you to receive benefits until earned wages or self-employment income are higher than the applicable earnings limit for the Supplemental Security Income or Social Security Disability Insurance programs.  
  - See: [https://choosework.ssa.gov/about/index.html](https://choosework.ssa.gov/about/index.html)

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### Let's Talk Vocational Rehab!

**What is it?**  
Vocational rehab can help you overcome barriers to employment through career counseling with a specialist who is trained to support individuals with disabilities re-enter the workforce.

**What can it do for me?**

- A personal assessment of your disability(ies)
- Job counseling, guidance, and referral services
- Physical and mental rehabilitation
- Vocational (job) and other training
- On-the-job training
- Financial assistance while in rehab programs
- Transportation to get to and from rehab services
- An interpreter (for clients who are deaf) or reader services (for clients who are blind)
- Help transitioning from school to work (for students)
- Personal assistance services
- Rehabilitation technology services and devices
- Supported employment services
- Help finding a job

**How do I get started?**

- Contact your local office to receive instructions about the application process. A list of offices by state available here: [https://askearn.org/state-vocational-rehabilitation-agencies/](https://askearn.org/state-vocational-rehabilitation-agencies/)

- Find local agencies that have vocational rehab staff: [https://www.careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx](https://www.careeronestop.org/LocalHelp/AmericanJobCenters/find-american-job-centers.aspx)

**Additional Resources:**


- Career One Stop: [www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/vocational-rehabilitation.aspx](http://www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/vocational-rehabilitation.aspx)

- The Intensive Cognitive-Communication Rehabilitation (ICCR) program at Boston University — 15-week program for young adults with TBI or aphasia interested in continuing or pursuing higher education: [www.bu.edu/aphasiaresearch/research/effective-treatments/intensive-cognitive-and-communication-rehabilitation/](http://www.bu.edu/aphasiaresearch/research/effective-treatments/intensive-cognitive-and-communication-rehabilitation/)

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Call (734) 764-8440 or visit [AphasiaHelp.com](http://AphasiaHelp.com) to learn more