Returning to Work After a Stroke:
Tips, Tools and Programs

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.
  - See: www.stroke.org/en/life-after-stroke/recovery/return-to-work/goalsetting-worksheet
- 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**:
  - See: https://www.stroke.org/en/life-after-stroke/recovery/return-to-work/employment-resources
- 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

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://rsa.ed.gov/about/states

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

Additional Resources:

- An overview on vocational rehab for individuals with disabilities: www.nolo.com/legal-encyclopedia/vocational-rehabilitation-individuals-with-disabilities.html
- Career One Stop: 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 educati n: https://www.bu.edu/cbr/research/effective-treatments/intensive-cognitive-and-commu nication-rehabilitation/

University of Michigan Aphasia Program

mari.umich.edu/umap | (734) 764-8440 | UCLL@umich.edu

@U-M Aphasia Program @um_aphasia_program

MARY A. RACKHAM INSTITUTE
UNIVERSITY CENTER FOR LANGUAGE & LITERACY
UNIVERSITY OF MICHIGAN