

Finding a job

Simple tips to help you find work.



Easy read guide



Looking for a job can feel like a really big step.



You might feel excited or nervous.



You might not know how to get started.

Looking for the right job



First think about what you are good at.



It might be things you enjoy doing.



Or tasks you feel like you can do well.



It is good to find places to work that are inclusive and supportive.



Lots of companies in the UK are part of the Disability Confident scheme.



This means they help to support people with disabilities at work.



You can find a list of jobs with Disability Confident companies on the DWP website.



SeeAbility can support you through our Ready, Willing and Able programme.



You can email us at rwa@seeability.org to see how we can help you.

Applying for jobs



When you find a job you are interested in you will need to apply for it.



You will tell the company why you would be good at the job.



If the company thinks you would be good for a role they will ask you for an interview.



An interview is usually on the phone, on a video call or in person.



It is so the employer can meet you and ask you questions.



The employer is the person who you will be working for.



You do not have to tell an employer about your disability unless you want to.



Some people choose to share their disability so they can get extra support.



These are called reasonable adjustments.



These might be:

- Needing extra time in interviews



- Asking for the questions before the interview



- Needing a quieter interview space

Starting a job



If the company chooses you, they will offer you the job.



You should talk to your manager or HR about any adjustments you might need.



It is okay to ask questions when you start a new job.



It is okay to speak up if something isn't working for you.



Remember everyone feels nervous on their first day at work.



With the right support, you can find a job that works for you.



www.seeability.org



facebook.com/RSB.seeability



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