

Changing Your Work or Career

**How to Explore
Self-Employment Options
After Injury or Illness**



Tips, Facts, & Resources
edited by Dee Adams

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New Free Sample Excerpt

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Book sales will help to keep the blog as an ad-free resource for aspiring
entrepreneurs seeking tips, facts, back stories, resources, historical
anecdotes, pop culture, trivia, and Q&A .

New Content and revisions added periodically

— Note to the Reader —

Accidental gunplay at a Hollywood party, chemical exposure in an office building or tripping on a loose rug, are just a few ways that sudden disability may confront an innocent bystander.

Six million injuries occur annually because of crime, resulting in either temporary or permanent disability, cites a victims' advocacy group. And three million people are injured on the job each year, according to government statistics.

Add in Center for Disease Control data on a wide range of chronic illnesses and the numbers increase substantially.

Whether on the job, during leisure hours, or because of crime or illness, physical disability can occur unexpectedly and in various degrees of severity.

In my case, a stranger injured me outside a crowded store. Lengthy medical and legal issues ensued...of which I am still digging my way out. The incident disrupted academic plans and a business start-up.

A percentage of the population, when faced with disability, turn to entrepreneurial pursuits to support themselves. People with disabilities are twice as likely as the general population to start a business, an advocacy group reports.

But how to choose the right kind of self-employment is a topic not covered adequately in a lot of Internet and off-line resources. Most of the information available is geared to people with an idea already in mind.

This is not a start-up book but a collection of frequently overlooked tips, facts and issues for aspiring entrepreneurs who are having difficulty deciding what business to start.

Changing Your Work or Career contains relevant and irreverent topics for injured and able-bodied readers. Themes include finding your own niche, vocational rehabilitation and bureaucracy, money matters, ergonomics, environmental issues, alternative health practices, and more.

The listings in this guide are based on my firsthand experiences and I used the CRAAP Test to evaluate selections. CRAAP is an acronym coined by The California State University Library in Chico. It means currency, relevancy, authority, and accuracy...

Special Thanks

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DISCLAIMER

The information in this guide is presented for educational purposes. Rules, laws, regulations and culture differ from region to region and state to state.

Changing Your Work or Career: How to Explore Self-Employment Options After Injury or Illness is not offered as the final word for self-employment, health, legal or personal development decisions. Each person has a unique set of circumstances.

Always seek out ethical qualified professionals or advisers who have experience in the area in which you are interested to assist in evaluating your options.

Statements and opinions in this guide are solely the editor's and not those of the individuals, organizations institutions or businesses listed. Compensation was not received for mention of any company, agency, or product in this book. Inclusion of a listing does not imply endorsement. Perform due diligence in assessing each resource for your specific circumstance.

Using this Guide

Success, despite unexpected disability, is the underlying theme of the material presented in this guide, but not all content is related to the subject. Anyone trying to decide what business to start will find helpful tips.

Saving time and reducing stress and effort during the discovery process is the goal of this book. Content is a mixture of self-employment, personal development, alternative health, disability and entrepreneurial topics with touches of humor and irreverent observations.

Make note of questions that interest you as you review the material in the Terms & Concepts chapter, tips, quizzes and little known facts are listed in alphabetical categories with a bullet guidepost alongside.

Insightful book excerpts, blog posts, stories of inspiration, article reprints, journal article abstracts, videos, free downloads, Q&A, photographs, research papers with extensive bibliography, and a resource list are included.

You'll find more than 300 hyperlinks for academic, government, private, and nonprofit sources. And a selected list of exceptional books; the majority of which you'll find on university and public library shelves.

Review any of the 20 + worksheets work sheets in the appendix, to clarify issues, problem-solve, and create an action plan. The worksheets include tips, examples, activities and instructions.

"Writing and thinking are two separate activities and should not necessarily be undertaken at the same time," writes Professor Michael Lebeau in **Working Smart: How to Accomplish More in Half the Time*.

Identify the time of day or evening you think best and fill-in the worksheets according to your schedule.

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Ayurvedic Chart

Editor's Note: Ayurveda [I-Your-Veda] means knowledge or science of life.

Original texts were written in Sanskrit, and date back 1,000 to 5,000 B.C.

It's the oldest known complete system of natural medicine.

Book Excerpts

Wise Counsel from the Pros

Aptitude Trials of the Rich & Famous

Blog Posts

Simple Resource Tool

Uncovers Skills without Testing

Pitfalls of Vocational Testing

Self-Employment & Disability Resources

Mistakes in Your School, Health,
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What You Don't Know Can Hurt You

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School Daze

San Francisco Public Law Library
2 Free Resources

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Skill Set & Niches for

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Starting A Public Records Business:

Avoiding the Pitfalls

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Communication Tips & Bureaucracy

Article with Photos

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May be Hazardous to Your Health

Vocational Irony

Editor's Note: Vocational Irony now appears in section titled
Did You Know?

Book Excerpt

"The Take-the-Money-and-Run Principle of
Career and Life Planning Weaving"

Editor's Note: Real Worldview about the system
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More About Money

Caution: Avoid A Slippery Slope

Book Excerpt

Ayurvedic Personalities & Money

Did You Know?... Partial List of Topics

Childhood Memories

Non -Business Sources of Motivation

Family Tree: Historical Inspiration

Surfing the Internet

Holistic Tips & Choices

Personality & Health Choice

Aromatherapy**

Food for Thought

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Little Known Nutrition Website

Why Meditation or Quiet Sitting

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Marma Points Massage

Vastu: Ancient East Indian Form of Feng Shui

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about Selected Ergonomic & Environmental Issues

References & Resources

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Health, Humor, Organizations,
Cool Niche Blogs

Article Reprint

Lost Art of Writing

Article Reprint...HEAL

Making Ends Meet: MCS Forum

Article Reprint...HEAL

Starting a Home Based Business
Flow chart illustrates how to plan tasks

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20 + Worksheets

Book Excerpt

Money Quiz

Types of Business
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Smart Goals

Smart Goals Chart

Smart Goals: Reality Check

Rethinking & Fine-tuning a Goal

Love Your Work?
Detecting History of Patterns

Where Does the Time Go? Day-to-Day Activities
Where Will the Time Go? A Potential Schedule
Timewise Checklist
Time & Dog Year Reality
Handling Time Conflicts

Health Issues: Important Considerations
Physical Capacity & Restrictions Checklist.

Idea Generator
Search Terms & Concepts.
Search Strategy Outline with Tips
Investigating Self-Employment
Significant Things I Need to Learn.
Information Quest
Risk Investigation Checklist

Identify your Mission Statement
Identify your Vision Statement

Recommended Reading

Time Tracker

Chapter Excerpts

Teaching & Research Tip

"Teaching need not imply classroom lecturing, formal assignments, and periodic examinations... [A specific aptitude pattern] might, for instance be used to reeducate skilled and semiskilled people thrown out of work by technological advances."

Lesson: Don't assume that only the latest books or resources contain useful tips and ideas. The quote from the first paragraph is from *The Too Many Aptitudes Woman*, by Johnson O'Connor, *Human Engineering Laboratory Inc.* 1941.

Did You Know...?

Personality & Health Choices

Your learning style and personality may play a role in how well you enjoy different alternative disciplines. Take the case of T'ai chi champion David-Dorian Ross who discovered the practice of t'ai chi after trying and failing at meditation. Ross admits he couldn't sit still and needed to move around. T'ai chi provided the physicality and energy he was seeking.

Easy Way to Learn Complicated Subjects

Learn difficult subject matter by starting with material created for children. Complex topics are explained in simple terms in juvenile literature. Example: Wall Street.

Source: *Finding Your Niche: Discover...*

What do you want to be when you grow up?

That familiar question may well be for many students, the sum total of the career counseling they will receive throughout their academic experience, says the Harvard School of Education. Small wonder that experts place only 10 percent of the population as being fully aware of their actual skills and abilities...

Quiz

How Much Do You Know About Skills & Abilities
for Well-Known Jobs or Professions?

What's the Inaptitude?

The root cause of academic trouble may be this inaptitude, according to the Johnson O'Connor Research Foundation.

What aptitude is it?

Note: Poor productivity in this area is a costly issue for many people, small businesses, and solo practitioners.

Hint: the answer is not math.

Chefs

Missing Aptitudes

Consider that blueberry muffin scene in the film *Charlie's Angels*. Investigator Lucy Lui arrived at the office with a basket of muffins she had baked from scratch...again. Offering the goods to horrified coworkers, a fellow angel throws the small fluffy loaf across the room, It dents the office door...

Graduates of a culinary institute score highest in several areas, including tweezer and finger dexterity, reports JOCRF. What other aptitudes might be involved?

What's the Most necessary
aptitude that a nurse should possess?

Musical aptitude is useful
in what nonmusical profession?

Color Wise
Color Perception is a required aptitude
for what occupation?
a. FBI agent.
b. Military Pilot
c. Commercial Pilot

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