

# **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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#### Book Excerpt

*Prakriti: Your Ayurvedic Constitution* by Dr. Robert Svoboda  
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**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 is the oldest known complete system of natural medicine. Greek, Chinese, and Roman healthcare models are believed to have been influenced by the ayurvedic system.

There are several ayurvedic practices, including Indian and Tibetan, classical and modern. Modernists believe only what can be proven by modern science, while classical ayurvedic physicians rely on the original concepts.

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Book Excerpt: *The Pocket Guide to Critical Thinking, fourth edition*, by Richard L. Epstein

#### Article...Photos

Warning: Crime and Government Assistance May be Hazardous to Your Health

#### Book Excerpt

*A Career and Life Planning Guide for Women Survivors. Making the Connections Workbook* by Patricia A. Murphy Ph.D., "The Take-the-Money-and-Run Principle of Career and Life Planning Weaving."

#### More About Money: Caution Avoid A Slippery Slope



### **Book Excerpt**

*Prakriti: Your Ayurvedic Constitution* by Dr. Robert Svoboda

Ayurvedic Personalities & Money

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### **Article Reprints**

Making Ends Meet: MCS Forum, Diane C. Thomas, HEAL

Starting a Home Based Business: Flow chart illustrates how to plan tasks, Preston Sturgis AIA, HEAL

Lost Art of Writing [Activity], Jerry Ceppos, Opinion Piece, *San Francisco Chronicle*

Horse Program Helps People Heal, Burlington (Vt.) Free Press

### **Did You Know?**

Skill Set & Niches for Telephone Information Research

Starting A Public Records Business: Avoiding Pitfalls

Communication & Bureaucracy

Mistakes in Your School, Health, or Government Records

What You Don't Know Can Hurt You

**Collection of Useful Tips and Facts; from Childhood History to Holistic Health, Nutrition, Vocational information and Much More!**

### **Article**

Health & the Entrepreneur: Tips, Facts, and Myths About

Selected Ergonomic & Environmental Issues, Dee Adams

### **References & Resources**

Links, Articles, Videos, Books, Organizations, Blogs

### **Book Excerpt**

*No More Job Interviews! Self-Employment Strategies for People with Disabilities* by Alice Weiss Doyel

Chart: Types of Business

Business Starts

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### **Checklists & Worksheets**

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## Quiz This!

### How Much Do You Know about Physical Disability Issues?

Adapted in part from *Awakening to Disability* and excerpted from *Changing Your Work or Career...*

**A.** True or False?

Two-thirds of adults with disability wish to work but are unemployed. Yet many are educated and qualified to work.

**B.** 7 barriers are commonly confronted by the newly disabled.

What are they?

*Hint:* Financial, architectural, transportation are three of them.

**C.** True or False? A person with a disability is better suited to work at home than someone without a disability.

**D.** True or False?

The most frequent age of injury is 19, according to the National Spinal Cord Injury Association.

**E.** True or False?

Many people are unaware they have sustained injury from seemingly mild injuries to the head and do not seek medical care. As a result, 70-90,000 people each year sustain permanent disability because of head injuries.

**F.** The largest cause of trip and falls is

1. Poor coordination
2. Lack of medical checkups to detect hidden motor skills issues
3. Floor sills, steps, loose rugs, floor level changes

**G.** True or False?

Able-bodied travel agents specializing in accessibility travel are an often-overlooked resource for travelers with disabilities.

**H.** True or False?

About 2 million people in the U.S. do not even know they have diabetes, report experts.

**I.** True or False?

Trip and falling accidents are three times higher than injuries or fatalities from fire and earthquake evacuations.

**Bonus Questions:** 1. Which conditions are considered disabling, Color Blindness, Chemical Sensitivity, Diabetes, Multiple Sclerosis?  
What month is peak for ATV accidents?

**ANSWER KEY**

a. T

b. (1) Cultural attitudes of concern and pity which undermine effective social interaction  
(2) Environmental, natural and man made. (3) Failure to think how best to communicate with someone with a differing skill set.

c.F; d.T; e.T; f. 3; g. F; h.F (7 million), I. T, #1, All, #2. June