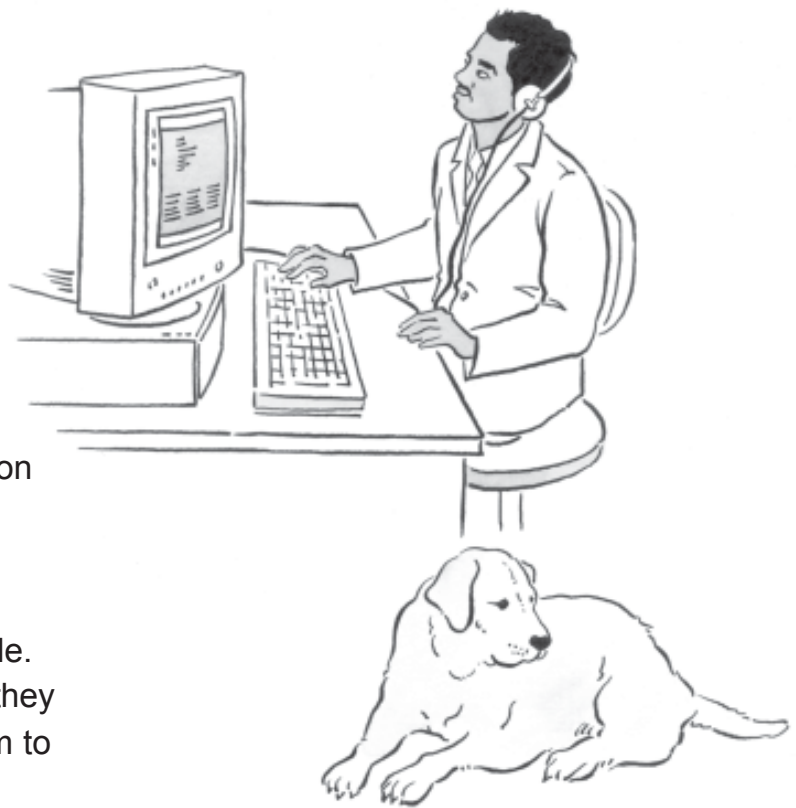


Plain facts

Keeping and enjoying your job

Everyone feels happy and makes more choices when they have a job. But people with learning difficulties, and other disabled people, can find it hard to get and keep paid work. Many disabled people are not in work.



Breakthrough is an organisation of disabled people which helps people get skills and work. Researchers at **Breakthrough** talked with other disabled people. They asked people about how they keep a job, and what helps them to enjoy it. They found that:



There are lots of ways for disabled workers to keep a job.



There are lots of ways to enjoy work.



Most disabled workers tell someone if they are unhappy at work.



Sometimes people need to ask for more help at work. They get support from a friend or advocate to do this.



It is important to be honest about your support needs.



It is important to know your rights.