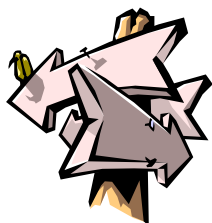


## Which path should you take?



...there are many roads one can take when returning to work...

Returning to work after an illness or injury can be an overwhelming path filled with obstacles and confusing systems. If you want to return to work, and wonder

how to start, this brochure may help you to understand some of the steps you should take.

Whether you have recently become disabled due to an illness or injury, or you have been out of work for a time, there are many support systems in place to assist you in preparing for the return to work.

For more information about the programs mentioned in this brochure, feel free to contact your local Disability Program Navigator, Kevin Nickerson, at (607) 272-7570 Ext. 136.

## Other Resources

Surviving financially between injury or illness and the return-to-work can be challenging. Here are some additional resources that may be able to help you out in this time of transition:

- **Subsidized Housing**—A rent subsidy program assisting individuals with need in offsetting a portion of their rent. For more information, contact Ithaca Housing Authority at (607) 273-1244 or Tompkins Community Action at (607) 273-8816.
- **Unemployment Insurance**—Unemployment Insurance payments (benefits) are intended to provide temporary financial assistance to unemployed workers who meet the requirements of state law. For more information, call (888) 209-8124.
- **Social Security**—If your condition is severe enough, and you require an extended period of time recovering from your illness or injury, you may qualify for long-term benefits through the Social Security Administration. To find out, contact the Ithaca SSA at (607) 256-3651.
- **DSS**—The Department of Social Services has many programs for individuals with financial need. From temporary cash assistance, Food Stamps and Medicaid, they can assist you in meeting your basic needs. To contact Tompkins County DSS call (607) 274-5359.



## Road to Rehabilitation; Navigating the Resources to Return to Work



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*Your 21st Century  
Job Search Resource*

## Health Insurance

After an illness or injury has set you back, the first step is obvious; you need to spend your time medically recovering...so what are your insurance options? These are a few:



...seek guidance from your physician...

- **Worker's Compensation**—for work related injuries if employer is “covered”. If you are unsure if you are covered, call the NYS Advocate

for Injured Workers, (800) 580-6665

- **COBRA**—Continuing coverage through your employers insurance plan, if applicable. For more information see: [www.cobrainsurance.com](http://www.cobrainsurance.com)
- **Medicaid**—for individuals with financial need, comprehensive insurance. For Tompkins County residents call Dept. of Social Services at (607) 274-5359
- **Family Health Plus**—Similar coverage as Medicaid with expanded financial guidelines. For more information call (877) 934-7587
- **Medicaid Buy-In program for Working People with Disabilities**—For the working disabled, a way to purchase Medicaid for a nominal premium. For Tompkins County residents, call Dept. of Social Services at (607) 274-5359

## Return-to-Work

After you and your doctor feel your condition is stable enough to return-to-work, you may be wondering what to do next. You will probably be asking questions like:

Am I able to do the same kind of work?

Will I need to be re-trained for a different career path?

Who should I connect with for answers?

Here are some resources to assist you in the return-to-work process:



- **DPN**—Your local Disability Program Navigator (DPN), located in One Stop Career Centers. DPN's assist individuals with disabilities in the return-to-work process by helping to access available resources. If you are a Tompkins County resident, you can find your DPN, Kevin Nickerson, at Tompkins Workforce New York.
- **VESID**—Vocational and Educational Services for Individuals with Disabilities. VESID is our State Rehabilitation provider. They can assist you in developing a plan that will return you to the workforce. VESID has trained Rehabilitation Counselors to assist you in becoming independent through education, training and employment. For Tompkins County residents, call (800) 888-5020.



...A disabling condition does not necessarily mean you have to lose your mobility or ability to work...

- **One Stop Career Centers**—Tompkins Workforce New York offers comprehensive employment assistance from resume writing, interviewing techniques, job referrals and more. Call (607) 272-7570.
- **CBVI**—The New York State Commission for the Blind and Visually Impaired (CBVI) provides vocational rehabilitation and other direct services to blind and visually impaired New York State residents. For more information, call (607) 737-1007.
- **WIPA**—Work Incentive Planning Assistance providers can assist people who want to know how work will affect Social Security benefits. There are many Work Incentives available through the Social Security Administration designed to assist you in returning to work, and in maintaining your health insurance. For your local WIPA provider, call Challenge at (607) 272-8990.
- **Cornell Northeast ADA & IT Center**—This program provides training, technical assistance and materials on the Americans with Disabilities Act and Accessible Information Technology. For more information, call (800) 949-4232 Voice / TTY.

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