



NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

In October, Americans observe National Disability Employment Awareness Month by paying tribute to the accomplishments of the men and women with disabilities whose work helps keep the nation's economy strong and by reaffirming their commitment to ensure equal opportunity for all citizens.

This effort to educate the public about the issues related to disability and employment began in 1945, when Congress enacted Public Law 176, declaring the first week of October each year as National Employ the Physically Handicapped Week. In 1962, the word "physically" was removed to acknowledge the employment needs and contributions of individuals with all types of disabilities. Some 25 years later, Congress expanded the week to a month and changed the name to National Disability Employment Awareness Month.



EVENTS:

PEER SUPPORT AND INDEPENDENT LIVING SKILLS:

- **Cooking Class & Healthy Living:** Happening the 1st Monday of the Month at 10 am. Are you looking to develop your cooking skills and incorporate healthy living? Plan on attending our Cooking and Healthy Living Class! Join us for our cooking class with our Chef Adonis while learning tips for healthy living from our health advocate, Brina. Our class will involve hands on learning with affordable, nutritious, easy to do meals. Join us for a culinary experience.
- **Stretch and balance class:** Happening Wednesdays at 11:30 AM. This is for all levels and abilities. The class will include both seated and standing stretches. Health benefits of this class:
 - Breathing practices to reduce stress
 - Balancing techniques to keep us steadier and stronger on our feet

Please call the center to reserve your seat at (305) 453-3491





WORKING WITH LONG COVID

Supporting Workers with Long COVID

According to the Centers for Disease Control and Prevention, some people who had COVID-19 experience a range of new or ongoing symptoms, known as post-COVID conditions or Long COVID, that can last weeks, months, or years, and can worsen with physical or mental activity.

A person with Long COVID may have a disability and be entitled to accommodations under the Americans with Disabilities Act, if the person has a physical or mental impairment that substantially limits one or more major life activities. Workers may have difficulty working the same way they did before and may be entitled to temporary or longer-term supports that can help them stay on the job or return to work once ready

Common symptoms include, but are not limited to:

- Shortness of breath or difficulty breathing
- Tiredness or fatigue
- Difficulty thinking or concentrating (sometimes called “brain fog”)
- Fast-beating or pounding heart (known as heart palpitations)
- Joint or muscle pain
- Headaches

Employment Service + Support

Self-Advocacy

- Gain communication skills to advocate
- Increase knowledge of your rights, understanding employment policies/rights and responsibilities
 - Setting career goals
 - Career exploration
 - Resume building
 - Job search
- Referrals to employment support
 - Job interview skills
- Partnership with vocational rehabilitation and other employment supports
- SSA Benefits Counseling and Ticket To Work Orientation (WIPA services, Community based program from SSA)
- Personalized benefits counseling
 - Computer classes
 - Cooking classes
 - Accommodations
- Assistive Technology, devices, Loan wheelchairs and other equipment
- Orientation about benefits and programs such as: TTW, SSDI, SSI, Medicare, Medicaid etc.
- Help identify needs & make referrals to explore employment options, identify local service providers and access community resources

Contact Us:

Keys Advocacy Center d/b/a Center for Independent Living of the Keys

Mail: 103400 Overseas Hwy Ste 243
Key Largo FL 33037

Office: 305 453 3491

Cellphone/text: 786 377 4001

Fax: 305 453 3488

Email: cilk@cilofthekeys.org

Website: www.cilofthekeys.org
(contact form)

Messenger: Like us on Facebook

SSA- WORK INCENTIVES PLANNING AND ASSISTANCE WIPA

Community Based program from SSA to provide work incentives information and planning services to SSI and SSDI beneficiaries pursuing employment; ages 14 to 65.

WIPAs provide assistance in the following areas:

- Orientation to understand SSI and SSDI benefits
- Orientation to understand Medicare and Medicaid
 - Orientation about SSA work incentives
- Help to understand how employment will impact your benefits
 - ensure informed choices
 - get rid of fear in pursuing employment
- Individualized benefits verification & analysis
 - Prevent and/or resolve benefits issues
- help identify needs & make referrals
 - Exploring employment options
 - Identifying local service providers
 - Accessing community resources
 - Assets building
 - Follow-up services

Early intervention and education about benefits and work incentives helps prevent future problems (overpayment, unplanned or unexpected loss of benefits, financial hardships, etc.) Failure to educate on benefits is a missed opportunity which may cause harm.

WHO SHOULD I CONTACT?

Center for Independent Living of the Keys a SSA WIPA project

If you would like more specific information about work incentives, are currently receiving WIPA services or have been previously served by a WIPA project, our Certified Work Incentives Coordinators are here to help at: **office** (305) 453 3491, **email** WIPAFIkeys@cilofthekeys.org, **text:** (305) 453 3491, **fax** (305) 453 3488.

Serving South Florida: Broward, Miami-Dade, Monroe, Lee, Collier, Charlotte, Hendry Counties
Ticket to Work Helpline

For general questions about work incentives call the Ticket to Work Helpline at 1-886-833-2987 or TTY 1-866-833-2967 Monday- Friday 8:00AM-8:00PM.