



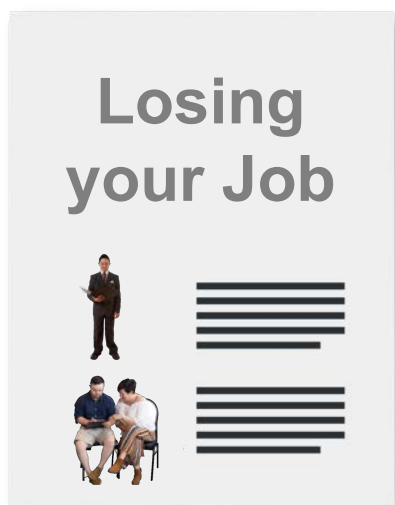
Down Syndrome
Australia

Losing your job



How to take care of yourself if you lose your job

Losing your job



This booklet is about how to take care of yourself if you lose your job.

It has information about:

- how you might feel
- how to look after your health
- what to do if you are worried about money
- the different kinds of help you can get.



We have written the booklet so it is easier to read.

Some words are in **bold**. We explain what these words mean.



You can read this with someone who can help you to understand the information.

This can be your family, a friend or a support person.

Losing your job

How it can affect you



Lots of people find it is hard when they lose their job.

There are some different ways it can affect you.



For example, not getting paid means you don't have as much money.

You might feel very sad that you lost your job.



It might be hard to understand why you lost your job.

You could be wondering what to do now you don't have a job.



All of these can make you feel worried and sad.

But there are things you can do that will help.

How do you feel?



If you feel shocked, sad, upset or angry, this is normal.

Most people have these kinds of feelings when they find out they have lost their job.



It is usually worse at first, but most people feel better as time goes on.

Sometimes these feelings can make you feel unwell.



This can include things like:

- Feeling much more tired than usual
- Problems with sleeping.
- You may not feel like eating.





You might feel afraid, or get angry very quickly over small things.

You could have trouble remembering or thinking about things.



You might have headaches, stomach pains or feel like you will be sick.

Or your muscles might feel tight or sore.



You might feel that it is your fault that you lost your job, and feel guilty about it.

Or you could feel it wasn't your fault and it was not fair that you lost your job.



You could be missing your friends from work a lot.

You might not feel like doing anything, and just want to be by yourself.



Sometimes it helps to write down how you are feeling and the things you are worried about.



You can do this with someone you trust, such as a family member, friend or support person.

This helps them understand how you are feeling, so they can help you.



What are the main things you are worried about?

This might be not having enough money, or not seeing your workmates. Or not getting another job.



You can use the next page to write or draw how you are feeling and things you are worried about.

I feel...



I am worried about...



Tips for looking after yourself



Here are a few things that we know can make people feel better:

Make sure you get enough exercise. This could be going for a walk or a swim or you could turn on the music and do some dancing.



Eat a healthy diet. Even if you don't feel like eating, or just feel like junk food.



Sometimes watching bad news on TV or sad movies can make you feel worse. So choose carefully what to watch.



Do not drink too much alcohol or take drugs to try to feel better. They can make you feel more depressed if you are already sad.



Get support. Talk to friends and family who will help you feel positive.



It is important to know that losing your job happens to lots of people.

It is normal to feel sad and worried. It might take some time to feel better.



Think about other times you might have been sad. What did you do to feel better?



Be patient, but if you think you are not feeling better, make sure you get some help.

Tell your family, friends or support person if you are not feeling any better.



Talk to your doctor if you need more help with your health or how you are feeling.

You can also use the next page to write or draw some things you can do to make yourself feel better.

Things I can do to feel better



Do you have enough money?



When you lose your job, you don't have as much money because you won't be getting paid.

You might get some money from your workplace when you leave your job.

This is called your **entitlements** which is money they owe you.



You might be worried how you will manage to pay for things you need such as rent and food.

People with Down syndrome usually get the **Disability Support Pension**.



This is money the government gives you to make sure you have money even if you don't have a job.

You might get the full amount of pension, or only part of it. It depends how much you were being paid in your job.

You will need to contact **Centrelink** to let them know you lost your job. They will make sure you get the right amount of pension.





Think about how much money you have and how much you need.

When people aren't sure if they have enough money, they sometimes write a **budget**. This is a list of the things you need to pay for and how much they cost.



When you are not working, you might only have enough money for the things you really need. For example rent, food, transport.



You might not have much money left over for other things you want, like going out or buying new clothes.

You need to pay for the things you need first, and see if there is any money left over.



If you want to work out your budget you can ask someone you trust to help you.

You can write out a budget on the next page.

My budget

Things I need to pay for...



Things I want



Getting another job



It can be hard to lose your job. But some people say it gave them time to think about other things they could do.



This could be getting another job that is like your old one. Or you might try something different next time.



While you are not working, you could learn some new skills, or work as a volunteer.



The [Everyone Can Work website](#) has lots of useful information about employment.

Work: What do I want to do next?

You can use this page to write or draw some ideas about what you want to do and what help you might need to make it happen.

You might like to do it with a friend, family or support person who knows you, what you are good at, and what you like to do.



Where to find more information and help

Mental Health

Down syndrome and mental health

<https://www.downsyndrome.org.au/wp-content/uploads/2020/02/DSAMentalhealthresourceweb.pdf>

This booklet talks about supporting people with Down syndrome to have good mental health.



Healthy Mind – Black Dog Institute

www.healthymind.org.au

Mental Health Guide - Easy Read

<https://cid.org.au/resource/mental-health-guide/>



Tips to help your Mental Health - Easy Read

<https://cid.org.au/resource/tips-help-mental-health/>



Headspace – mental health support for 15-25 year olds

www.headspace.org.au

Where to find more information and help

Money and budgeting



Centrelink – Services Australia

<https://www.servicesaustralia.gov.au/individuals/centrelink>

Disability Support Pension –
Centrelink website

<https://www.servicesaustralia.gov.au/individuals/services/centrelink/disability-support-pension>



Moneysmart – Budgeting

<https://moneysmart.gov.au/budgeting>



Managing your Money - Easy Read -
Council for Intellectual Disability

<https://cid.org.au/resource/manage-your-money/>



IDEAS Money Matters e-Book:

<https://www.ideas.org.au/books/ideas-money-matters-booklet.html>

Where to find more information and help

Employment



Setting Goals: Where do I want to work?: Easy Read

Council for Intellectual Disability

<https://cid.org.au/resource/setting-goals-where-do-i-want-to-work/>



Employee Guide: Easy Read

Down Syndrome Australia

https://www.downsyndrome.org.au/wp-content/uploads/2020/02/DSA_AGuideForEmployeesEasyRead_Resource.pdf



Everyone Can Work website

<https://www.everyonecanwork.org.au/>

Down Syndrome Australia made this Easy Read booklet in May 2021.