



# The Benefits of Work



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Many individuals with disabilities want to work. Work can provide more benefits than just a paycheck. These benefits include:

- A sense of purpose and identity beyond their disability.
- An increase in self-esteem and confidence from successfully performing work tasks.
- An increase in social interaction and networking with coworkers, clients, and customers at work.
- An opportunity to learn and develop new job skills and experiences.
- A regular routine and improved physical and mental health.
- Increased opportunities to make decisions, take responsibility for work tasks, and have a greater sense of control of over one's own life.
- A chance to become a strong self-advocate by demonstrating their skills, talents, and contributions. Employees with disabilities are meaningful members of a diverse, inclusive workforce.



Independent Futures that Work!  
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