



Job Assistance

People experiencing Long COVID may need accommodations in the workplace or assistance with finding a new job. There are federal programs to help you address job-related needs—whether in your search for a new job or issues dealing with your current job/employer—that are the result of Long COVID. In addition, some of the resources may also support individuals, their families and caregivers are experiencing the longer-term impacts of the COVID-19 pandemic, such as mental health and substance use challenges, and bereavement. Individuals who are newly seeking employment due to the loss of a loved one may find assistance through these federal supports and services.

Topics covered in this section include

- Workplace Accommodations
- Job Training and Reemployment Assistance
- Support for Employers.

If you need legal assistance in getting workplace accommodations due to Long COVID or because you have faced discrimination in the workplace, you may want to review the Legal Assistance section of the ***Know Your Rights*** section, in addition to the information below.

Workplace Accommodations

Workplace Accommodations under the Americans with Disabilities Act

Long COVID can be a disability under the Americans with Disabilities Act (ADA) and Sections 501 and 504 of the Rehabilitation Act of 1973, if it substantially limits one or more major life activities. The ADA prohibits employers from discriminating on the basis of disability. It also requires employers to make reasonable accommodations, unless doing so would cause significant difficulty or expense for the employer. A reasonable accommodation is any change in the work environment (or in the way things are usually done) to help a person with a disability apply for a job, perform the duties of a job, or enjoy the benefits and privileges of employment. For example, reasonable accommodations may include

Not Sure Where to Start?

Q. Need accommodations to perform your job since being diagnosed with Long COVID?

A. Contact the Job Accommodations Network (JAN). JAN is a free service that provides confidential guidance to individuals regarding job accommodations and disability employment issues.

For more information contact JAN at 1 (800) 526-7234 (VOICE) and 1 (877) 781-9403 (TTY)

You can also reach JAN via online chat, email or JAN on Demand by visiting [Information By Role \(askjan.org\)](#)

Q. Recently unemployed and unsure of what benefits you may be entitled to?

A. Find unemployment programs and benefits in your state by visiting [Unemployment Benefits Finder | CareerOneStop](#)



job restructuring, part-time or modified work schedules, telework, exceptions to workplace policies, or reassignment to a vacant position.

- Learn more about your rights and the types of accommodations available to individuals with Long COVID, visit [What You Should Know About COVID-19 and the ADA, the Rehabilitation Act, and Other EEO Laws | U.S. Equal Employment Opportunity Commission \(eoc.gov\)](#)
- For more information on COVID-19 and the ADA, visit: [COVID-19 and the Americans with Disabilities Act | Beta.ADA.gov](#)
- Learn about your rights, visit [Home | U.S. Equal Employment Opportunity Commission \(eoc.gov\)](#), or call 1 (800) 669-4000 (voice) and 1 (800) 669-6820 (TTY), or (844) 234-5122 (ASL Video Phone)

Job Accommodation Network

Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on job accommodations and disability employment issues. Serving customers for more than 35 years, JAN provides individualized consultation to assist

- Employers and their representatives seeking guidance on practical ways to engage in the interactive process, provide job accommodation solutions, and comply with Title I of the ADA
- Individuals with medical conditions and disabilities seeking information about job accommodation solutions, employment rights under the ADA, and self-employment and entrepreneurship opportunities
- Family members and rehabilitation, medical, educational, and other professionals in their effort to support successful employment outcomes for individuals with medical conditions and disabilities.
- Find more information, call JAN at 1 (800) 526-7234 (voice) and 1 (877) 781-9403 (TTY)
- Reach a representative by phone, live chat, or email, visit [Information By Role \(askjan.org\)](#)

Ticket to Work

Social Security's Ticket to Work (Ticket) Program supports career development for people ages 18 through 64 who receive SSDI or SSI and want to work. The Ticket Program is free. It helps people with disabilities move toward financial independence and connects them with the services and support they need to succeed in the workforce.



- Learn more about achieving your work goals, identifying providers, services, and job resources, visit [Find Help - Ticket to Work - Social Security \(ssa.gov\)](https://www.ssa.gov/choosework/ticket-to-work)
- Speak to a representative, call the Ticket to Work Help Line at 1 (866) 968-7842 and 1 (866) 833-2967 (TTY), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET
- Reach the helpline and email support@choosework.ssa.gov

Vocational Rehabilitation

The State Vocational Rehabilitation (VR) Services Program, funded by the Rehabilitation Services Administration in the Department of Education, provides employment-related services for individuals with disabilities so that they may prepare for and engage in competitive, integrated, and gainful employment that is consistent with their strengths, resources, priorities, concerns, abilities, capabilities, interests, and informed choice. To be eligible for the VR program, individuals must have a physical or mental impairment, which can include Long COVID, that results in a substantial impediment to employment and who require and can benefit from VR services to achieve employment and maximize career goals.

- To learn more about the State Vocational Rehabilitation Services Program in your state, visit [RSA State Vocational Rehabilitation Service Agencies \(rsa.ed.gov/about/states\)](https://www.rsa.ed.gov/about/states)
- To learn more about other vocational rehabilitation programs, visit [Rehabilitation Services Administration \(rsa.ed.gov\)](https://www.rsa.ed.gov)

Protection and Advocacy for Beneficiaries of Social Security

The Protection and Advocacy for Beneficiaries of Social Security (PABSS) program serves people with disabilities who receive SSDI or SSI who want to work by helping to remove barriers to employment. PABSS staff help recipients understand and secure employment protections. They provide legal representation when needed.

- If you get disability benefits, call the Ticket to Work Help Line for PABSS contact information at 1 (866) 968-7842 and 1 (866) 833-2967 (TTY), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Job Training and Employment Assistance

Comprehensive American Job Centers

There are nearly 2,400 American Job Centers located throughout the United States that provide free help and training to job seekers for a variety of career and employment-related needs. Many have special programs to accommodate the needs of individuals experiencing Long COVID.



- Find a Comprehensive American Job Center near you, visit [American Job Center Finder | CareerOneStop.org](#)

Self-Employment Assistance Program

Some states offer the Self-Employment Assistance (SEA) program. SEA programs provide qualifying dislocated workers the opportunity for early re-employment through self-employment. The program is designed to encourage and enable unemployed workers to create their own jobs by starting their own small businesses. States operating an SEA program can pay participants a weekly allowance while they are getting their businesses off the ground.

- Find SEA program contact information for your state, visit [Unemployment Benefits Finder | CareerOneStop.org](#)

Work Incentives Planning and Assistance

Social Security's Ticket to Work (Ticket) Work Incentives Planning and Assistance (WIPA) projects provide free benefits counseling to help people receiving disability benefits make informed choices about work. Trained Community Work Incentive Coordinators provide personalized counseling about services and supports and explain how working may affect benefits. More than 70 organizations provide these services.

- Learn more about WIPA, call the Ticket to Work Help Line at 1 (866) 968-7842 and 1 (866) 833-2967 (TTY), Monday through Friday, 8:00 a.m. to 8:00 p.m. ET

Reemployment Services and Eligibility Assessment Program

This program is for unemployment compensation claimants, including those determined to be most likely to exhaust benefits. The program is administered by the states. The foundational element of the Reemployment Services and Eligibility Assessment (RESEA) Program is providing support to develop and implement an individual reemployment plan and conducting an eligibility assessment for unemployment insurance, including a review of work search activities.

- Find RESEA program contact information for your state, visit [Unemployment Benefits Finder | CareerOneStop.org](#)

Support for Employers

The Employer Assistance and Resource Network on Disability Inclusion

The Employer Assistance and Resource Network on Disability Inclusion (EARN) offers information and resources to help employers recruit, hire, retain and advance people with disabilities. It helps employers build inclusive workplace cultures and meet diversity, equity, inclusion and accessibility goals.



- Find more information about EARN and additional resources, visit [Employer Assistance and Resource Network on Disability Inclusion | \(AskEARN.org\)](#)

Community Economic Development

Community Economic Development (CED) is a federal grant program funding Community Development Corporations that address the economic needs of low-income individuals and families through the creation of sustainable business development and employment opportunities. CED awards funds to private, non-profit organizations Community Development Corporations, including faith-based organizations and Tribal and Alaskan Native organizations. CED-funded projects create or expand businesses, create new jobs for individuals with low incomes, and leverage funding investments in communities.

- Find more information about CED, visit [Community Economic Development \(CED\) | Administration for Children and Families \(acf.hhs.gov\)](#) or call the Office of Community Services at (202) 401-9333

Visit the full [Services and Supports for Longer-Term Impacts of COVID-19 Report.](#)