

# Everyone has “Supports” at Work

## Basic ideas

- Success on the job requires knowing when and how to ask for help. Everyone needs “supports” on the job.
- Some workers with disabilities have paid staff to support them at work.
- These **formal supports** can come from job coaches, personal care assistants, or employment consultants.
- **Informal supports** come from people who help out but are not paid.
- **Informal supports** can come from co-workers, trainers, mentors, supervisors, or volunteers.
- All supports play a part in making sure a person has what they need to do a good job.



## What can you do next?

- Develop a “script” that you can use to tell others what supports you might need in a workplace.

## Want to learn more?

- How to Speak Up and Be Heard <http://z.umn.edu/speakupbeheard>
- The 411 on Disability Disclosure <http://z.umn.edu/disabilitydisclosure>
- Make Work a Part of Your Plan website <https://mpccp.umn.edu/Employment>

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