

# Secure Your Financial Future:

## The Financial Toolkit - A New Resource for Youth and Adults with Disabilities

The LEAD Center, Office of Disability Employment Policy, Employee Benefits Security Administration, and Employment & Training Administration collaborated to develop a Financial Toolkit for people with disabilities who are experiencing new levels of financial stress and unemployment as a result of the COVID-19 pandemic.

### 5 Phases of the Work-Life Cycle



**Preparing**  
FOR A JOB



**Starting**  
A JOB



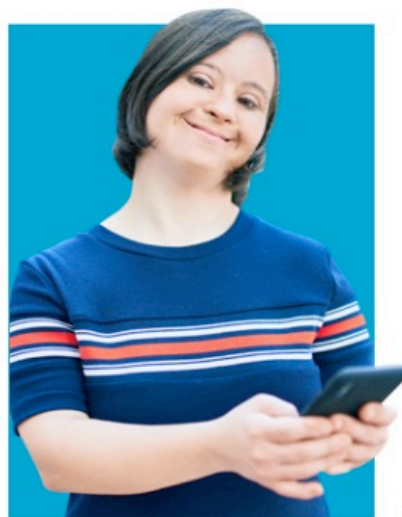
**Maintaining**  
A JOB



**Changing**  
OR LOSING A JOB



**Retiring**  
FROM A JOB



**Preparing**  
FOR A JOB

#### Preparing for a Job

Locate resources for people of all ages looking for a first job and those who, because of the COVID-19 pandemic, are looking for a new job.

#### Starting a Job

Access resources that can be helpful with decisions regarding new pay and benefits, when to disclose a disability, and how to start saving for retirement.



**Starting**  
A JOB



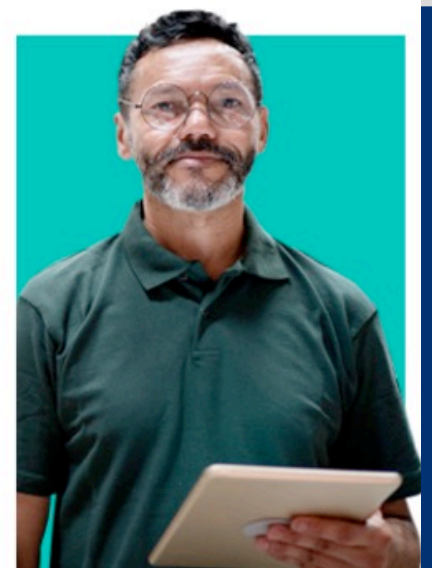
**Maintaining**  
A JOB

#### Maintaining a Job

Discover resources on asking for raises, requesting new accommodations and working from home.

#### Changing or Losing a Job

Find guidance if you have lost a job or are working more than one part-time job.



**Changing**  
OR LOSING A JOB



**Retiring**  
FROM A JOB

#### Retiring from a Job

Access resources to better understand employer-sponsored retirement benefits, healthcare benefits, and other retirement savings.

#### LEARN MORE

<https://www.dol.gov/agencies/ebsa/secure-your-financial-future>

### Online Financial Toolkit

### FAQ's

Each section includes a list of frequently asked questions (FAQs) associated with resources that are part of the work-life cycle phase, questions such as:

- How can I prepare financially for a job?
- Can I work if I receive SSI or SSDI?
- How do I connect with people to help me find a job?
- I think I could benefit from accommodations. How do I disclose my disability?
- How can I maintain my job working from home?