

CHOOSING A JOB THAT SUITS YOUR NEEDS AS SOMEONE LIVING WITH PH

Insights gathered from conversations with young adults living with pulmonary hypertension (PH) around the globe have shown that many fear that their career options will be limited after their diagnosis.

In fact, there is an enormous variety of rewarding career paths that people living with PH, young or old, can safely pursue with the guidance of their healthcare teams and good management of the condition.

The following list of practical steps and considerations has been developed to help you think about, discover and ultimately choose a job that suits both your interests and your needs as someone living with PH.

1. Speak to your healthcare team about what types of work or activity levels might be best suited to your current and future health needs. Don't be shy about sharing your goals and ambitions with your doctor or nurse, it helps them to best advise you and develop an optimal care plan with you.
2. Read about some of the careers and hobbies that other young adults living with PH have pursued to great success at www.PH-Human.com.
3. Worried that you're lacking in experience to help you stand out from the crowd? Why not find out if you can support your local PH patient organization through volunteering or more formal work experience placements to boost your CV.
4. Many online job search engines allow you to filter results according to different needs. As well as deciding whether you would like part- or full-time employment, consider looking for jobs that offer home-working or flexible working hours.
5. Likewise, consider developing skills for industries that typically offer more scope for home-working or flexible hours, such as computer and digital technology.
6. Consider the location and accessibility of any prospective place of work. It can be helpful to ask yourself: what will my commute involve? How many stairs do I have to climb to access the building? Where are the toilets or kitchen in my building relative to where I will be working? Remember that your energy levels may fluctuate and a shorter commute may be preferable.
7. Contact your local patient organization for further advice on this topic and to be put directly in touch with other people living with PH who will be able to share their own experiences of balancing careers and the management of the condition with you.
8. Lastly, don't be hard on yourself if you don't know what you want to do or simply don't feel well enough for serious employment at this stage in your life. Remember, finding a job that interests you and suits your needs is a universal challenge for people young and old, living with or without PH. Short work experience placements can be a helpful point to start.