How to Get Help Finding a Job with Disability (DES Guide) – Gold Standard

DiversAbilities Resource – Gold Standard

1. What this service actually is

Disability Employment Services (DES) is a free Australian Government program that helps people with disability, injury, or health conditions prepare for work, find a job, and keep a job.

It is designed for people who may need extra support, flexibility, or workplace adjustments.

2. Real-life situations this helps with

- You want to work but don't know where to start
- You've tried working but struggled to keep a job
- You need flexible hours or adjustments due to disability
- You feel overwhelmed by job searching

3. What DES actually offers (real support)

DES providers support you throughout your employment journey, not just at the start.

- Help writing resumes and job applications
- Interview preparation and practice
- Connecting you with employers
- Support with workplace adjustments
- Ongoing support after you start work

4. Cheapest / free pathway (step-by-step)

1. Go to the JobAccess website: https://www.jobaccess.gov.au
2. Check your eligibility for DES
3. Contact a DES provider directly OR ask Centrelink for a referral
4. Choose a provider you feel comfortable with
5. Attend your first appointment and discuss your goals

6. Start working with your provider

5. What to say (removes hesitation)

- "I would like help finding a job and I may need extra support."
- "I have a disability or health condition — can I access DES?"
- "Can you explain how your service can help me find work?"

6. What actually happens after you join

You will meet regularly with your DES provider.

Together, you will set goals and create a plan.

They will help you prepare for work and connect you with opportunities.

They will continue supporting you after you start working.

7. Important honesty points

- Providers vary in quality — some are better than others
- Jobs can take time to find
- You need to actively participate in the process
- You can change providers if it's not a good fit

8. If it's not working for you

You are not locked into one provider.

- You can request a transfer to a different provider
- You can ask for different support or adjustments
- You can escalate concerns if needed

9. Tips that make a big difference

- Be honest about your needs and limitations
- Ask for workplace adjustments early
- Choose a provider you feel comfortable with
- Stay engaged in the process

10. Official links

- JobAccess: https://www.jobaccess.gov.au

11. Sources

- JobAccess
- Services Australia

Disclaimer: These resources might not be up to date and newer information might be available. We try our best to update our resources as often as possible.