

# Job sharing for Disability

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Anyone could become disabled at any time of their career. Job-sharing is a useful tool when it comes to giving disabled people more control of their working life.

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Caroline O'Neill - Deaf and Disabled People in TV

*"We need to create a more protected culture when we find these crucial talents within deaf and disabled groups. They all need to be given much more support to actually be nurtured and developed and move towards the top of the ranks."*

6.5% of contributions off-screen are made by disabled people, which is well below the national workforce

Factual is the genre with fewest off-screen contributions being made by disabled people; just 5.8% of contributions .

The biggest issues impacting wellbeing are stress and fatigue.

If you're working flat out all week, you're setting yourself up for a burn-out.

If you have a long-term illness or chronic condition, it is important to think about different ways of working to future proof your career.

Working from home is not without problems - you might feel pressured to prove yourself, working longer and harder than what is healthy. Risk of increased isolation.

Job-sharing can help increase the range of job roles for disabled people.

Job-sharing gives you genuine time off and someone with whom to share the mental and physical load.

Flexible working provides the freedom to attend medical or personal appointments and pick up prescriptions without taking holidays or unpaid time off.