

# Being left out of work because of health problems

‘PATHS 2 INCLUDE’ is a project that studies:

- Why some people are left out of jobs;
- How to make work fairer for everyone.

The project was made thanks to money from the European Union.



## What the study showed

Our study also looked at how things are at work for people with health problems.

People with health problems often work too little or too much.  
This can make them stop working.

The study focused on people between 25 and 54 years old.  
It looked at people who are not working or are unhappy with their work hours.

Among other things, our study showed that:

- Some people need to work less than they want to protect their health;



- Working from home helps people with health problems keep their jobs;
- Some jobs can be better for people with health problems than others.  
For example, a manual job with steady hours can be better for a person with health issues;
- Being good at explaining what you need to be able to do your job better can help people keep their jobs longer.  
For example, explaining to your boss how working from home would make your work easier and better.

## How to make things better

Helping people stay in work is good for everyone.

People's skills can help them do better at work

even if they have health problems.

Instead of changing their whole job,

it is better and easier to help them use and improve the skills they have.

For example, helping people learn how to use technology

can help them do their work more easily and in less time.