



# Report about YES study COVID-19 and work



**Easy Read**

# About this report



The University of Melbourne did **research** about young people and work.



**Research** means to look into something to find out more about it.



Our research was called the **YES study**.



We wanted to find out what young people with disability think about work.



10

For our research we talked to 10 young people with intellectual disability.



14

We also talked to 14 young people with **mental health** disability.



**Mental health** means how you think and feel.



We asked all 24 young people

- How they find a job
- How they keep their job
- How COVID-19 changed things.



We wrote this report to share what we found out from our research.

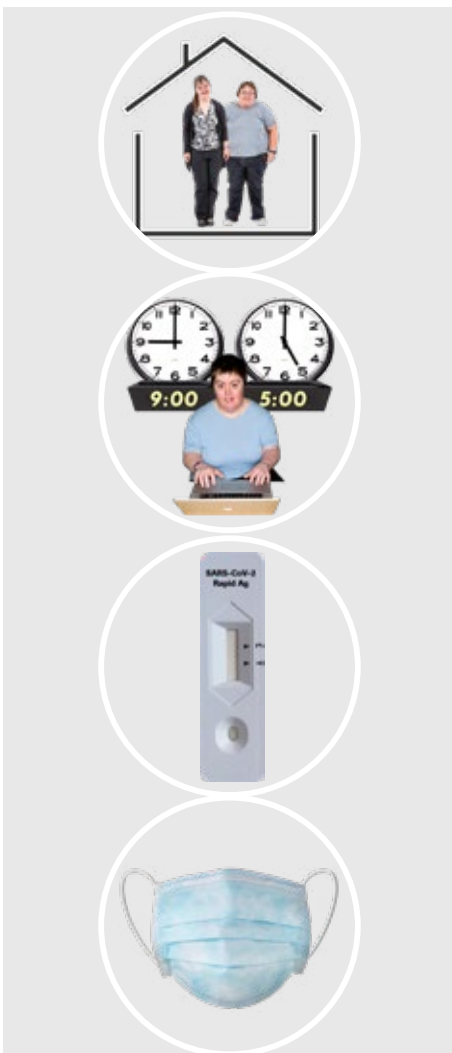
# COVID-19 and work



This part of the research is about how **COVID-19** changed the way people see work.



**COVID-19** means the time when we all had to do things to keep safe from COVID-19.



This might have been things like

- Staying at home
- Not going to work
- Getting tested
- Wearing a mask all the time.

# What made things hard in COVID-19



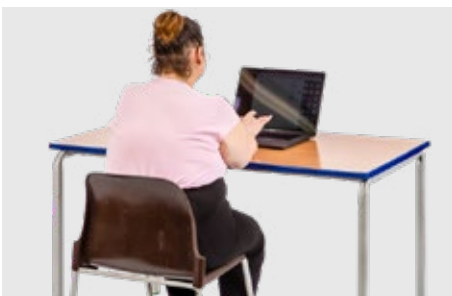
We asked young people what made things hard in COVID-19.



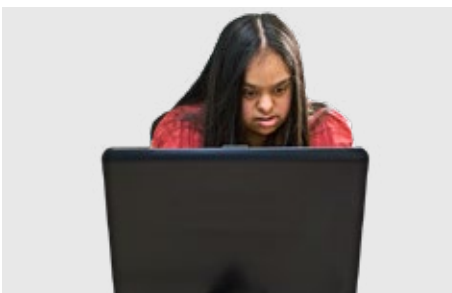
They said that there were not as many jobs to apply for.



This made it hard as there were also more people looking for jobs.



Some said they did not have enough support to look and apply for jobs online.



This was because they could not meet with people that could help them.



They could not leave the house to look for work in the **community** like they did before.



**Community** means people and workplaces in the area where you live.



Some young people told us that the service they used to help them look for work

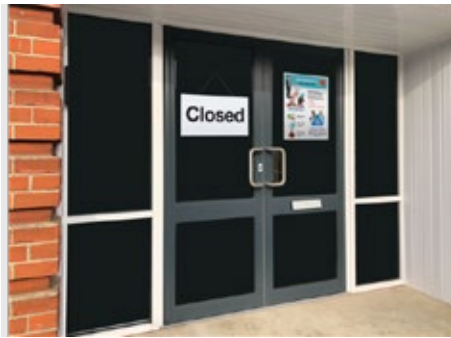
- Changed
- Stopped.



This meant many young people did not have support workers to help them with jobs.



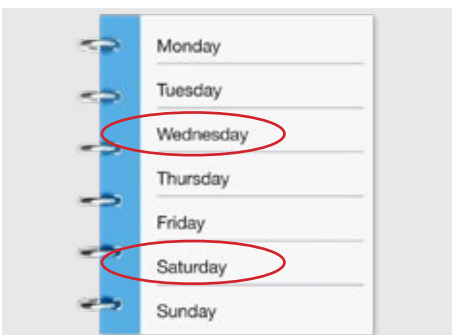
Some young people had to get used to doing things online.



Some services did not give the same support after COVID-19.



Some young people said that if they did **casual work** they got less hours after COVID-19.



**Casual work** means that you only work sometimes.

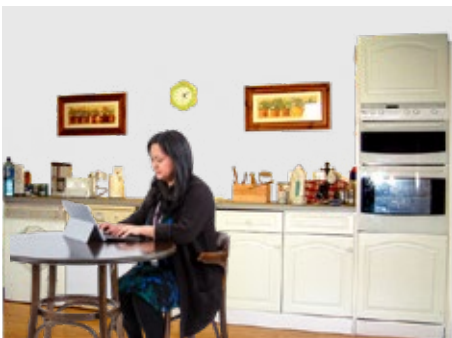
# Work in COVID-19



We asked young people what work was like in COVID-19.



COVID-19 changed how people work.



Many people started to work from home.



Only some people could still go to work like

- People who work in a supermarket
- Doctors and nurses.





Some young people told us that they worked less hours.



This meant that they did not get as much money as they did before.



Many people had a hard time because they did not have enough money for things like

- Food
- Rent.



Some young people could not work at all for some time.



Some young people said that their job and the things they do at work changed.



Some were worried they would lose their job.



Some lost their job.



Some had to use their holiday leave.



Some left their job because of stress.

# Working from home



Some young people worked from home.



They said there were some good things about working from home and online.



They liked that

- It was easier to do things in a way that works best for them
- They had to travel less.



Some young people said they did not like working from home.

They did not like that



- Things changed so quickly

- They could not see people

- They did not have a good computer set up at home

- There was not enough support.

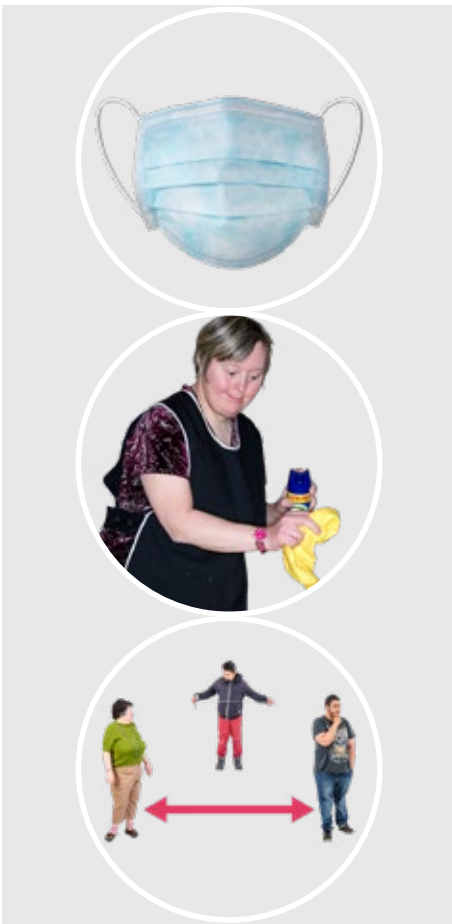


Many also said that they felt lonely working from home.

# COVID-19 rules



Some young people who went to work had to follow COVID-19 rules.

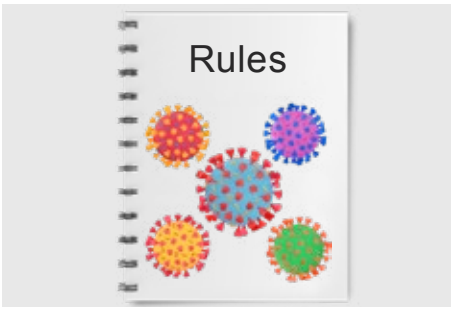


They were rules like

- Wear a mask
- Keep areas clean
- Keep a safe space from people.



Some said disability services were good work places for the rules.



This is because they already had rules like this before.



Some said the rules were hard to understand and changed too much.



They also said that not everyone followed the rules.

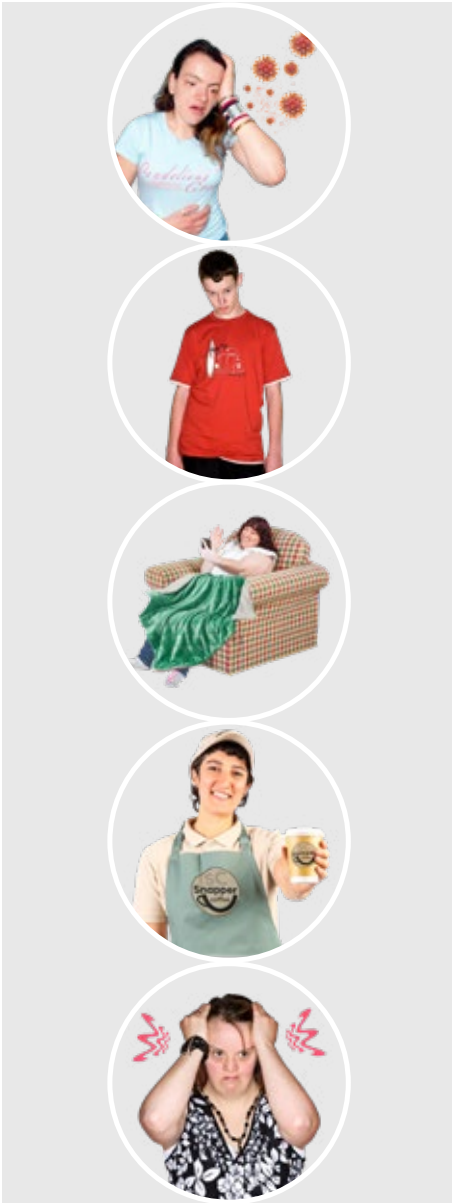


Some said not all workplaces had rules to keep safe.



They were worried about getting COVID-19 at work and giving it to family and friends.

# Stress and worries



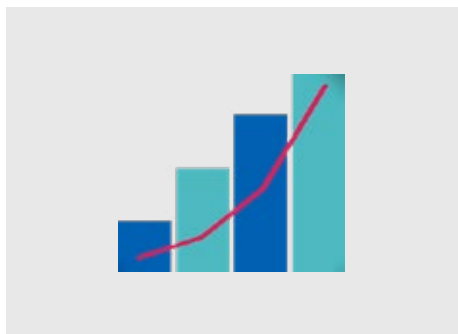
Many young people were worried and stressed about

- Getting COVID-19
- Losing their job
- Not being able to see people
- Job changes
- Mental health issues.



Some workplaces were good at making people feel less worried and stressed.

## More information



You can contact us to find out more about our research.



You can

- Send an email to **[yes-study@unimelb.edu.au](mailto:yes-study@unimelb.edu.au)**
- Call us on **03 9035 4554**.

Council for Intellectual Disability made this document Easy Read. **CID** for short. You need to ask CID if you want to use any pictures in this document. You can contact CID at **[business@cid.org.au](mailto:business@cid.org.au)**.