Davinder Kaur

Working again after **24 years** unemployed

In 1996, a crippling workplace accident left Davinder Kaur, a then 35-year-old wife and mother of three children, unemployed for 24 years.

As a result of her injuries from that ill-fated day Kaur developed Reflex Sympathetic Dystrophy and lives with constant pain. But despite being bedridden for two and a half years and eventually diagnosed with depression, she never gave up.

"I was determined to go back to work because I was so depressed all the time and in so much pain." Kaur was hired 12 months ago, as an administration assistant, by Alexander Lee & Associates, solicitors in Blacktown, Sydney.

"I thought, if I am doing something productive it will be my inner satisfaction that I feel."

English is a second language after immigrating from India to Sydney, to complete a post-graduate diploma in Commerce Information Systems.

Disability recruitment specialist and Blacktown, NOVA employment manager, Neena Sood, revealed why working means much more than just a pay-check.

"Being employed means you are being productive," Sood, a nine year veteran in disability employment service said. "It contributes greatly to a person's confidence, self-worth and overall wellbeing."

NOVA Employment first worked with Kaur to upskill her administration knowledge and by focusing on her abilities, determined the right job match for her.

She is doing data entry, filing, scanning documents and answering

phone calls. And doing whatever is required in the company. "You know, what I CAN do," she said.

"This job has changed my life, as I am feeling less depressed and concentrating on other things, other than my pain and feeling that I am doing something in my life."

And she shared a message for anyone who is looking for work and wants to change their life.

"Don't give up. Keep trying. Try to find another job. If you have a disability and want to work.

I highly recommend NOVA Employment because they will do their best for you and one day, you will find the right job."

For more information or to contact NOVA Employment call: 1300 ABILITY (1 300 224 5489) or visit www.novaemployment.com.au