

Choosing Not to Continue Your Career After hATTR Amyloidosis Diagnosis

Deciding to leave your job following your hATTR amyloidosis diagnosis can be a difficult and personal decision. There is no right or wrong way to go about making this decision, as long as you are doing what's best for you, your family, and your health.



Other Work Options

While you may not be able to work and do the same activities as before, there are other options if you don't want to stop working completely. Consider options that allow you to work part-time or work from home. Another option is to find a less time consuming job that works with your new schedule and lifestyle.¹

For more information about your rights at work and accessing disability, refer to:

Continuing Your Career After hATTR Amyloidosis Diagnosis

After talking with your employer and letting them know you have made the decision to stop working, there are several ways to spend your time valuably.



Get Involved with Advocacy & Support Groups

Getting involved with your local hATTR amyloidosis advocacy or support group is a great way to stay active after leaving your job. You can choose how much or how little you want to be involved in support groups, which is ideal if you're not sure how your symptoms will progress. Talking with other hATTR amyloidosis patients and their families is a good way to cope and share your own advice.²

There are many local advocacy and support groups for hATTR amyloidosis. For more information, please visit:

Amyloidosis Support Groups

Amyloidosis Research Consortium

Amyloidosis Foundation

Smart Patients: Amyloidosis Community



Volunteer In Your Community

Volunteering can be a great way to stay active and involved, without the stress of a full-time job. You'll be giving back to your community and helping others.³ Studies show that volunteering creates better mental and physical health, self-esteem, and happiness.³ Like advocacy or support groups, you can choose how much time you want to dedicate to volunteering based on your how you're feeling day-to-day. Consider letting volunteer organizations know about your condition so they can be aware of any limitations and schedule changes that might come up due to your symptoms.

Some suggested volunteer organizations include:

American Red Cross

Volunteers of America

Boys & Girls Clubs of America

With [hATTR] amyloidosis, I had to give up a major portion of [my career]. My brain can keep me working so I joined an organization that helps small businesses. – Greg, patient



Prioritize Your Health

It's important to remember that there is nothing wrong with taking time for your health and to recover. Each day may feel different, so you need to listen to your body and do what's best for your mental and physical health. Work and volunteering can cause stress, so it may be more beneficial to let those responsibilities go to focus on yourself.⁴ Your number one priority should always be your mental and physical health.

TIP

For more general information about managing your professional and social life with hATTR amyloidosis, please visit:

Live Your Life with hATTR Amyloidosis

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