

WELCOME TO

LINK - VIRTUAL TECHNOLOGY

You are not alone if you feel unprepared for being out of work because of an injury or illness.

[GET STARTED](#)

Reaching over 10,000 workers

To help people with physical and mental health conditions stay at or return to work.

“It is wonderful to know, all in one place, the many resources available to those who are disabled...You encouraged me to keep being strong and to continue to participate meaningfully in this world in spite of my limitations!”

Program Participant

“I was so impressed with the professionalism that was shown to me, and I am happy with the recommendations that have been made to me.”

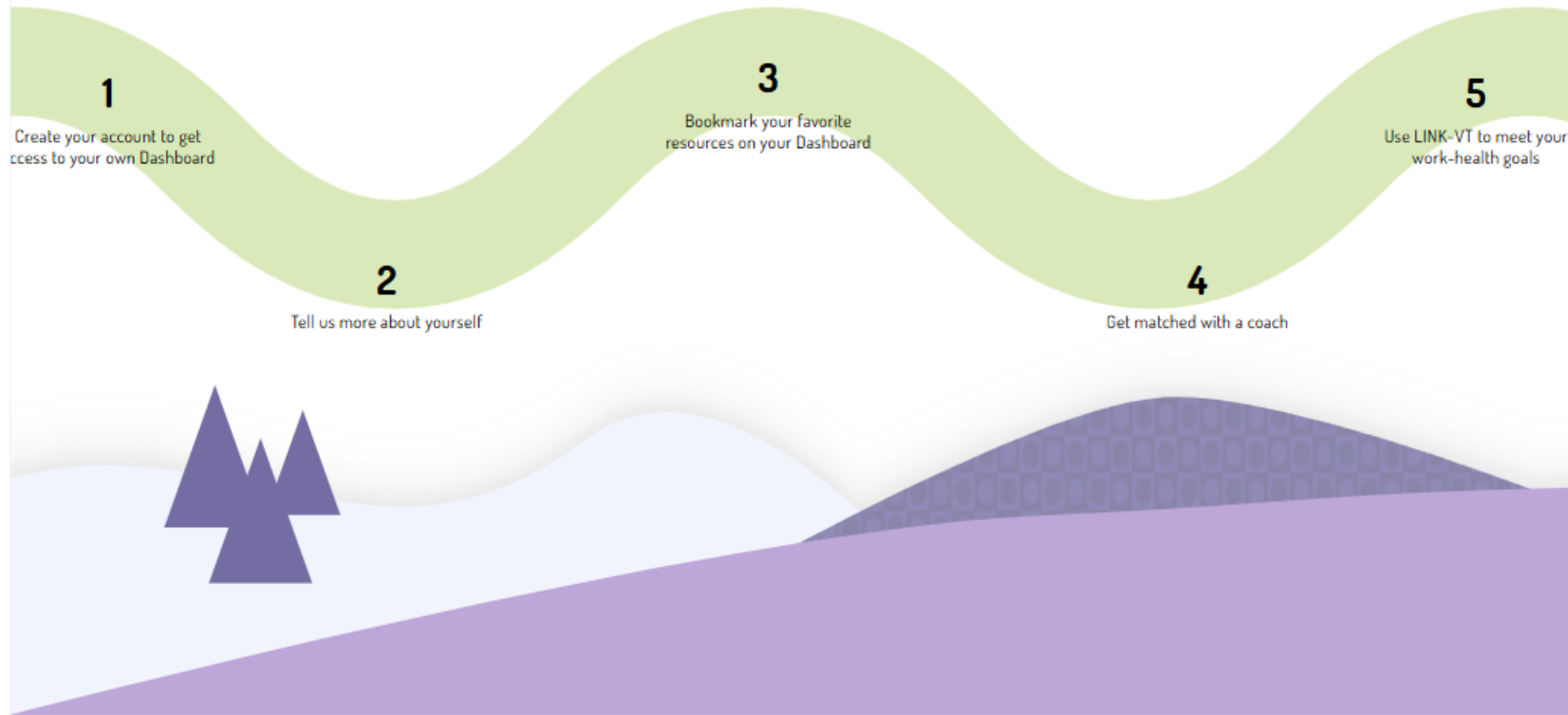
Program Participant

“The program was a key element in keeping me employed, helping me work through an incredibly difficult period in my life. It made that possible for me in a way that I didn't understand I needed and can't live without.”

Program Participant

How LINK-VT works

Our coaches and personalized resources support your ability to work.



About LINK-VT

Work helps you live your best life. Appropriate work lowers the risk of chronic disease, mental health crisis, and stress-related illnesses. It also improves financial security, personal relationships, social connection, and a sense of purpose.

LINK-Virtual Technology (LINK-VT) was created by VT RETAIN, a program to help people with physical and mental health conditions stay at or return to work. Our work-health coaches help you navigate the medical and employment maze. LINK-VT also includes easy-to-use, research-backed resources, tip sheets, strategies, and information about services, gathered by our experts, to help you meet your work and health goals.

Resource Library

Enter the type of help you need into the search box, such as your health condition, your barriers to work, or your work and health goals or scroll through our resources.

Tile List

Search here

US-Based Resources

<h4>Back Pain and the Impact on Work</h4> <p>Understanding Back Pain, how it could impact your ability to work and steps to take to get needed care in and out of work</p> <p>Physical Health</p> <p>Tip Sheet US</p>	<h4>Stages of Behavioral Change</h4> <p>Guidance for care providers when working with individuals who are considering and making changes in their lives</p> <p>Mental Health/Cognition</p> <p>Tip Sheet US</p>	<h4>Chronic Lyme and the Impact on Work</h4> <p>Understanding Lyme disease, how it could impact your ability to work and steps to take to get needed care in and out of work</p> <p>Physical Health</p> <p>Tip Sheet US</p>	<h4>Chronic Pain and the Impact on Work</h4> <p>Understanding Chronic Pain, how it could impact your ability to work and steps to take to get needed care in and out of work</p> <p>Physical Health</p> <p>Tip Sheet US</p>
<h4>Quick Guide to Chronic Disability</h4> <p>Description of most common types of benefits that a person may receive while out of work for an injury or illness and tips for maintaining health if out of work.</p> <p>Insurance/Benefits</p> <p>Tip Sheet US</p>	<h4>Making Community Partner Connections: How Our Role Interfaces with...</h4> <p>Explanation of how the VT RETAIN work health coach role interfaces with and differs from VT and private vocational rehabilitation counselors, career resource centers, and community health workers</p> <p>Community Service</p> <p>Tip Sheet US</p>	<h4>Ehlers-Dahlos and the Impact on Work</h4> <p>Understanding Ehlers-Danlos, how it could impact your ability to work and steps to take to get needed care in and out of work</p> <p>Physical Health</p> <p>Tip Sheet US</p>	<h4>Ergonomics in the Workplace</h4> <p>Tips for you on proper positioning at the computer and how to lift safely</p> <p>Physical Health</p> <p>Tip Sheet US</p>
<h4>Fibromyalgia - what else is going on?</h4> <p>Understanding Fibromyalgia, how it could impact your ability to work and steps to take to get needed care in and out of work</p> <p>Physical Health</p>	<h4>Tips for Achieving Financial Stability</h4> <p>Tips and resources to help you stabilize your finances</p> <p>Community Service</p>	<h4>Food Security</h4> <p>Tips for how you can access food resources in VT</p> <p>Community Service</p>	<h4>Foot and Ankle Pain and the Impact on Work</h4> <p>Understanding Foot and Ankle pain, how it could impact your ability to work and steps to take to get needed care in and out of work</p> <p>Physical Health</p>

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US-Based Resources

Back Pain and the Impact on Work

Understanding Back Pain, how it could impact your ability to work and steps to take to get needed care in and out of work.

Physical Health

Tip Sheet

Quick Guide to Chronic Pain

Description of most common types of chronic pain a person may receive while out of work and tips for maintaining health.

Insurance/Benefits

Tip Sheet

Fibromyalgia - what else is going on?

Understanding Fibromyalgia, how it could impact your ability to work and steps to take to get needed care in and out of work.

Physical Health

Stability

Tips and resources to help you stabilize your finances.

Community Service

Tips for how you can access food resources in VT.

Community Service

Foot and Ankle Pain and the Impact on Work

Understanding Foot and Ankle pain, how it could impact your ability to work and steps to take to get needed care in and out of work.

Physical Health

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Back Pain and the Impact on Work

Understanding Back Pain, how it could impact your ability to work and steps to take to get needed care in and out of work.

Physical Health

Contact: --

Service Area: --

Link: <https://docs.google.com/document/d/1wtFt6jdC5AL2r9YXpgZ0-1brZ2fStBhzvDT0Ljk5a10/edit?usp=sharing>

Back Pain Tip Sheet

Back Pain Facts

- Back pain is one of the most common reasons people seek medical care. Most people will experience back pain at some point in their lives.
- Back pain lasting less than three months is considered acute. Back pain lasting more than three months is considered chronic.
- Pain in your back can come from injuries or irritation to the soft tissues, bone, discs, ligaments, muscles, or nerves of the spine. Back pain can also be caused by a systemic illness such as autoimmune diseases, osteoporosis, or cancer. It can also be caused by referred pain from the kidneys, uterus, or abdomen.
- Treatment for back pain depends on what [parts of your back](#) are involved and your provider's diagnosis of the problem.

Back Pain Can Affect Your Ability to Work

- More than 1 in 4 working adults experience back pain.
- Workplace activities and environments can put workers at risk for back pain, such as:
 - Jobs that require repetitive and/or heavy lifting
 - Jobs that require hard work for long periods of time without breaks
 - Office jobs that require workers to sit for long periods of time. The sitting position puts pressure on the spine, leading to muscle strain and pain in the lower back. A workstation, desk, and/or chair that isn't in the proper position can contribute to poor posture and risk of pain in the back and other areas of the body.

Wayward Wheels aka The MED SHED

If you need free medical equipment. Services: Acquire and lend used medical equipment for community members at no cost. Equipment for loan includes items such as walkers, toilet stands,... crutches, wheelchairs, and CPAP machines.

Physical Health

Tip Sheet

Vermont Assistive Technology Center

If you need assistive technology, please contact the Center on Disability and Community Inclusion. The Center supports three assistive technology...

Physical Health

Tip Sheet Available to

HireAbility (SOV Vocational Rehabilitation)

Open to All Vermonters with a disability - no income requirements. Adults: Vermont residents with a disability. Disability can be physical or mental, visible, such as a condition requiring the use of a...

Community Service

Upward Mobility

If you're in need of medical or hospital equipment for a limited period of time. Services: Offer a wide variety of durable medical equipment (DME) such as hospital beds, stairlifts, wheelchairs, lift chairs, and... ramps, deliver and set up rented medical equipment in your home. Rent on a weekly or monthly basis for

Physical Health



Upward Mobility

If you're in need of medical or hospital equipment for a limited period of time. Services: Offer a wide variety of durable medical equipment (DME) such as hospital beds, stairlifts, wheelchairs, lift chairs, and ramps, deliver and set up rented medical equipment in your home. Rent on a weekly or monthly basis for as long as needed.

Physical Health

Contact: <https://www.myupwardmobility.com/rentals>

Service Area: Vermont

Link: <https://www.myupwardmobility.com/rentals>

HireAbility Criminal Justice Involved Friendly Employers

HireAbility maintains a list of potential employers willing to hire individuals with a criminal/offender background

Community Service

VT Assistive Technology Program/Assistive Technology Exchange

If you need to borrow free medical supplies and equipment. Services: Free site for Vermonters to borrow gently used durable medical equipment, including blood pressure cuffs, shower benches,...

Physical Health

The Independence Fund

If you need financial assistance to purchase assistive technology. Services: Low interest finance program for the purpose of purchasing assistive technology including hearing aids. The Independence Fund is... housed at the Opportunities Credit Union and is Vermont's federal alternative financing program.

Physical Health

Portal Provider

subscriber and looking for a... Medicaid for insurance, can use... to search by location, NPI

Tip Sheet Available to

A4TD (Associates for Training and Development)

Offer paid employability skills experiences to individuals 55+, low income, unemployed individuals and place them in non-profit community-based programs for training for 20 hours weekly

Community Service

VT JobLink

Web-based job-matching and labor market information system. Individuals can create a professional resume with a step-by-step resume building wizard, connect with a career counselor... about opportunities to learn in-demand skills, gain

Community Service