Earning an Income When You're Recovering From Addiction

There is no shame in being a recovering addict. However, the actions you took while using can make it more difficult for you to take care of your family financially once you’ve left rehab. Keep reading for a few of the best side-, part-time and contract-based gigs that may lead to long-term success.

But first ...

It’s important to understand why the gig economy is a good choice for recovering addicts. Working your own hours not only provides you an opportunity to gain experience and earn an income. Having a flexible schedule can help you focus on self-care, which is important for your physical, mental and emotional health, according to Rehab Village.

Gigs for go-getters

On-demand delivery

If you have a driver's license, a working vehicle and can pass a background check, you can make money quickly by utilizing your free time delivering everything from food to Amazon packages.

Skilled trade

Perhaps you’re a professional carpenter or just handy around the house. Whatever your credentials, you can sell your skills as a handyman, personal assistant, or housecleaner. TaskRabbit, Takl, and Craigslist are all great sites to advertise your services.

White-collar careers

Technology has made it easier than ever to pick up contract opportunities even if your skills were acquired in an office. Freelancer, Fiverr and Guru are among a few of the sites that can help you connect with busy professionals in need of a helping hand. You can earn money as a virtual assistant, marketing copywriter, research assistant or video transcriptionist just to name a few.

Compassionate care

The vast majority of addicts have a soft spot for the underdog. This makes you an ideal senior care provider. You don’t have to have medical experience to bring a compassionate touch to a senior’s life. Home Instead Senior Care has a searchable database of positions; these job listings can give you an idea of the requirements necessary to become a non-medical home helper.
Artistic expression

When you’re one of the lucky few that possess enviable artistic talents, you have a way to make money literally at your fingertips. You can utilize your skill to give people a personalized keepsake of their children, parents, or deceased loved ones. ArtBistro, part of the Monster.com network, offers information on pricing your artwork.

Musical mastery

Another idea on the creative end of the professional spectrum is to sell your musical talents by teaching others how to sing or play an instrument. And you don’t have to live in close proximity to your students to be effective. Consider starting your own YouTube channel to gain exposure and then teach lessons via Skype.

Canine companionship

Dogs are man’s best friends, but they can also present an earning opportunity if you have a way with the canine crowd. As a dog walker or pet sitter, you can earn anywhere from $10 to $25 per hour more simply by taking a stroll in the park and providing hands-on, loving care to people’s pets.

The cost of living varies greatly throughout the United States, but one thing holds true and that is sustaining a family takes money. When you’re recovering from addiction, you’ll not only have to focus on your own well-being, but get back to business and handle your responsibilities as a spouse and parent. Finding a full-time job may be difficult. The gig economy offers almost unlimited opportunities to gain experience until you can find a job you love. These and other contract-based economic pursuits all offer room for growth and may even be the foundation for a new career.