

Why Get A Job?

- Earn your own money (*financial independence*)
- Take pride in what you can do
- Learn new skills
- Be an independent citizen making a difference in your community
- Develop social & career networks

How Do Young Adults with Disabilities Get A Job?

- On their own
- With help from an adult service provider
- With help from parents, friends, neighbors

Think About This...

- What skills can you offer an employer?
- Can you talk about and demonstrate your skills?
- Can you be on time for work everyday?
- Are you able to work well with others?
- Do you know where to go for help in finding a job?
- Can you file an application online or in person?
- Can you send, receive, organize emails?
- Do you know how to ask for help *on the job*?
- Do you have a resume?
- Are you flexible in your job search? Every job might not be perfect but every job is one step on your road to success.

A Guide for Career Seekers with Disabilities

JOBS



Some people walk right into great jobs

Some people work hard to get jobs.

Some people need help to get and keep jobs.

Transition Work Group of Montgomery County
with Montgomery County Public Schools
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Power for Job Seekers!

- Know your skills. Write a resume.
- Think about what kind of job you want.
- Speak up - learn to sell yourself.
- Decide when, if and how to disclose your disability.
- Understand your disability and know what accommodations or support you need to succeed.
- Have written proof of your disability. Ask DORS about Schedule A verification for some jobs with the federal or local government.
- Know the soft skills of success: appropriate dress, good managers, punctuality, good hygiene, dependability, social skills, self-advocacy, friendliness.
- Ask for help when you need it.
- Try different types of work experience - in school, part-time, volunteering, internships.
- Look for jobs online, in the library, on community bulletin boards.
- Don't expect to find the one perfect job that will last a lifetime. Each work experience is a stepping stone.

Tips for Parents and Helpers

- Talk early and often about the benefits of working.
- Know your young adult's strengths, interests, opinions.
- Help build a resume that includes all work experiences, skills, strengths, references.
- Observe places you go regularly - what skills could your youth bring to those places?
- Network with colleagues, neighbors, friends.
- Participate in email lists.
- Find a volunteer or hire a consultant/job coach who can be an advocate when talking with current or future employers.
- It is the job seeker's responsibility to develop a relationship with the employer, NOT the parent's.

Resources

Maryland Department of Education/Division of Rehabilitation Services (DORS)

Employment/training/Schedule A

PETS - Pre-Employment Transition Services for ages 14-22

dors.maryland.gov

Wheaton: 301-949-3750 Germantown: 301-601-1500

Maryland Department of Disabilities

Employed Individuals with Disabilities

www.mdod.maryland.gov 1-800-637-4113 Voice/TTY

Maryland Transitioning Youth

www.mdtransition.org 410-767-3660

Maryland Workforce Exchange

mwejobs.maryland.gov

Montgomery County Dept of Health and Human Services

Disability Services 240-777-1216 Behavioral Health Planning & Mgt Core Service Agency

240-777-1400 Crisis Center 240-777-4000 www.montgomerycountymd.gov/hhs

Montgomery County Volunteer Center

www.montgomeryserves.org/ 240-777-2600

WorkSource Montgomery

worksourcemontergomery.com 301-946-1806

Job Accommodation Network

www.jan.wvu.edu 800-526-7234 Voice/877-781-9403 TTY

DBTAC Mid-Atlantic ADA Center

www.adainfo.org 301-217-0124 (Voice/TTY)

National Collaborative for Workforce and Disability for Youth (NCWD)

www.ncwd-youth.info 877-871-0744/ 877-871-0665 TTY

National Youth Transitions Center

heath.gwu.edu 202-454-1220

Potomac Community Resources Links

pcr-inc.org/community-resources/ community-links

AmeriCorps

www.nationalservice.gov/programs/ameri-corps/join-ameri-corps

Job Corps

www.jobcorps.gov/ 800-733-5627

Project Search

seeonline.org/projectsearch 301-318-4948

PACER National Parent Center on Transition and Employment

www.pacer.org/transition/

Think Beyond the Label

resources for employers and jobseekers

www.thinkbeyondthelabel.com