

## 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 are you passionate about?
- What skills can you offer an employer? Can you talk about and demonstrate your skills?
- Do you have a resumé?
- 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 or discuss problems with a supervisor?
- Do you have natural supports on the job (an advocate for you)?
- 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  
2018

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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:  
<http://bit.ly/2MqTh3f>
- 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, manners, punctuality, good hygiene, dependability, social skills, self-advocacy.
- Ask for help when you need it.
- Try different types of work experience - in school, part-time, volunteering, internships.
- Look for jobs in the library, on community bulletin boards, online:  
[indeed.com](http://indeed.com), [simplyhired.com](http://simplyhired.com), [www.onetonline.org](http://www.onetonline.org),  
[www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/workers-with-disabilities.aspx](http://www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/workers-with-disabilities.aspx)
- 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. Young people should be responsible for tasks at home.
- Know your young adult's strengths, interests, opinions.
- Help build a resumé 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](http://dors.maryland.gov)

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

### **Maryland Developmental Disability Administration (DDA)**

[dda.health.maryland.gov/](http://dda.health.maryland.gov/) 301-362-5100

### **Employed Individuals with Disabilities (EID)**

[mmcp.health.maryland.gov/eid](http://mmcp.health.maryland.gov/eid) 866-373-9651

### **Maryland Transitioning Youth**

[www.mdtransition.org](http://www.mdtransition.org) 410-767-3660

### **Maryland Workforce Exchange**

[mwejobs.maryland.gov](http://mwejobs.maryland.gov)

### **Montgomery County Dept of Health and Human Services**

Aging & Disability Resource Unit 240-777-3000 Behavioral Health Planning & Mgt Local

Behavioral Health Authority 240-777-1400 Crisis Center 240-777-4000

[www.montgomerycountymd.gov/hhs](http://www.montgomerycountymd.gov/hhs)

### **Montgomery County Volunteer Center**

[www.montgomeryserves.org/](http://www.montgomeryserves.org/) 240-777-2600

### **WorkSource Montgomery**

[worksourcemontgomery.com](http://worksourcemontgomery.com) Young Adults 443-808-1021

### **Job Accommodation Network**

[www.jan.wvu.edu](http://www.jan.wvu.edu) 800-526-7234 Voice/877-781-9403 TTY

### **DBTAC Mid-Atlantic ADA Center**

[www.adainfo.org](http://www.adainfo.org) 301-217-0124 (Voice/TTY)

### **National Collaborative for Workforce and Disability for Youth (NCWD)**

[www.ncwd-youth.info](http://www.ncwd-youth.info) 877-871-0744/ 877-871-0665 TTY

### **National Youth Transitions Center**

[heath.gwu.edu](http://heath.gwu.edu) [askheath@gwu.edu](mailto:askheath@gwu.edu)

### **Potomac Community Resources Links**

[pcr-inc.org/community-resources/](http://pcr-inc.org/community-resources/) [community-links](http://community-links.org)

### **AmeriCorps**

[www.nationalservice.gov/programs/ Americorps/join-americorps](http://www.nationalservice.gov/programs/ Americorps/join-americorps) 800-942-2677

### **Job Corps**

[www.jobcorps.gov/](http://www.jobcorps.gov/) 800-733-5627

### **Project Search**

[seeonline.org/projectsearch](http://seeonline.org/projectsearch) 301-318-4948 or 301-469-0223 x 137

### **PACER National Parent Center on Transition and Employment**

[www.pacer.org/transition/](http://www.pacer.org/transition/)

### **Think Beyond the Label**

resources for employers and jobseekers

[www.thinkbeyondthelabel.com](http://www.thinkbeyondthelabel.com)