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 résumé?
• 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.

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

Please copy and share
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](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.
- 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
Wheaton: 301-949-3750  Germantown: 301-601-1500

Maryland Developmental Disability Administration (DDA)
dda.health.maryland.gov/  301-362-5100

Employed Individuals with Disabilities (EID)
mmcp.health.maryland.gov/eid  866-373-9651

Maryland Transitioning Youth
www.mdtransition.org  410-767-3660

Maryland Workforce Exchange
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

Montgomery County Volunteer Center
www.montgomeryserves.org/  240-777-2600

WorkSource Montgomery
worksourcemontgomery.com  Young Adults 443-808-1021

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  askheath@gwu.edu

Potomac Community Resources Links
pcr-inc.org/community-resources/ community-links

AmeriCorps
www.nationalservice.gov/programs/americorps/join-americorps 800-942-2677

Job Corps
www.jobcorps.gov/  800-733-5627

Project Search
seeconline.org/projectsearch  301-318-4948 or 301-469-0223 x 137

PACER National Parent Center on Transition and Employment
www.pacer.org/transition/

Think Beyond the Label
resources for employers and jobseekers
www.thinkbeyondthelabel.com