

# Transition – Employment

## Taking Charge of Your Health Care:

A handout for adolescents and young adults with special health care needs and disabilities  
**You CAN work!**

- Think about your future. What do you want to be when you grow up?
- Identify what you are good at doing and what you like to do.
- Learn about the responsibilities involved in having a job.
- Think about how your special health care need or disability might affect the kind of job you can do.
- Will you need accommodations? Accommodations are supports or assistance to make it possible for you to work.

### **Be your own advocate...Speak up for yourself!**

- Be a part of the transition planning process at school.
- Attend all of the team meetings related to planning for your future and your Individualized Education Program (IEP). Start the meeting by telling people about your dreams and goals; share examples of your work. Help them get to know you.
- Ask a friend, parent or relative to come to planning meetings with you to help take notes, listen to what is said, or contribute ideas.
- Make sure your teachers and guidance counselors know what your interests are.
- Ask questions and speak up! Let people know what you want to do and what you need.

### **Preparing for a job**

- Look for job opportunities. It's important to start thinking about work early.
- Ask your parents, guidance counselors, doctor or nurse about agencies that might help you plan for a job.
- Consider getting an after school or a weekend job to earn money and get experience.
- Talk to your doctor about how your disability may influence the type of job you choose.
- Learn about supported employment. Supported employment means work in a community setting with ongoing support by an agency that knows how to help people with disabilities find jobs.
- Find out about having a vocational assessment, which will help you understand your work preferences, strengths and abilities.
- Try a volunteer job in your community that matches your interest.
- Think about shadowing someone to learn about jobs. Job shadowing means observing someone "on the job."
- Look for an opportunity to have an adult with a disability who works in the area you are interested in as a mentor.
- Make a plan for transportation to your job. Will you drive yourself, use public transportation or a taxi service?

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