

# MOVING ON... LIFE AFTER HIGH SCHOOL



Indiana  
**VOCATIONAL  
REHABILITATION**

Empowering People. Changing Lives.

# MOVING ON...

## LIFE AFTER HIGH SCHOOL

- *Where do you want to work?*
  - *Where can you get training?*
    - *Where do you want to live?*
      - *How will you maintain your health and wellness?*

This is an exciting time in your life. You are completing your high school education and moving on! As you plan with your teachers and family for what lies ahead, there are many things for you to consider: What are my goals for the future and how can I achieve them? What assistance is available to me for college, vocational training or employment? What if I need assistance to live independently?

This brochure looks at some of the questions you may have about your future and introduces you to agencies and services that can help you *take charge of your life!*

## **Checklist for success during your Junior Year:**

- Talk with your family, teachers and other people about jobs that interest you, and interview someone who is working in a job you are interested in. What are the positives and negatives about that job?
- Think about what you like to do, what skills you have and what others think you are good at.
- Ask your teachers and family if your school has a program that could help you find out more about jobs at local businesses and do some job shadowing.
- Talk to a teacher or guidance counselor about work experiences or internships available at your school.
- See if your school can assist you with interviewing and other job readiness skills.
- Find out if your school is connected to a career and technical education center. Find out what kind of training they offer and sign up!
- Meet with a Vocational Rehabilitation Services (VR) counselor at an informational meeting to learn about the VR program and to determine if you might be eligible for and benefit from services.
- Discuss with your family where you would like to live.
- Meet with a service coordinator from the Bureau of Developmental Disabilities Services to find out what supports might be available.

## Checklist for success during your Senior Year:

- Take an interest inventory or other assessment to help you figure out what kind of job you might like. Your school or local WorkOne office may be able to help with this.
- Talk to someone at your local WorkOne office about job and training opportunities.
- If interested, contact Vocational Rehabilitation Services (VR) to apply for services and find out if you are eligible. If eligible and able to receive services you will work with your VR counselor to write your employment plan based on your vocational interests and strengths.
- Decide if you need to continue your education at a college or vocational school in order to achieve your employment goal. You may want to visit different schools to find one you like and meet with a disability services coordinator to discuss accommodations and services.
- Apply for admission to college or vocational school and apply for financial aid. See your high school guidance counselor for forms and help in completing the application.
- If you qualify, VR may be able to help with additional schooling or training.
- Find a job!
- Think about where you would like to live.
- Visit friends who are living on their own. Do they like it? What does it cost? Is there anything they don't like about it?
- Find fun things to do to keep connected with your friends.

## **How do I find a job?**

## **What skills do employers want?**

## **How do I write a resume?**

WorkOne career centers are operated throughout Indiana and provide free career services and employment information. Each local center has an information resource area filled with materials for exploring careers, learning job-seeking skills, identifying training and education options and researching local employers. Some communities may have an express center which offers only some of the services available at the regional WorkOne career center.

Services available at your local WorkOne career center include:

- Career counseling on education, training, jobs and local employers.
- Information on colleges/universities, financial aid and scholarships.
- Free workshops on resume writing, job search methods and interviewing skills.
- Referrals to job openings that match your interests and skills.

To locate your local office, talk with a career counselor or obtain more information, call 800-891-6499 or visit the WorkOne website at [www.in.gov/dwd/WorkOne/](http://www.in.gov/dwd/WorkOne/).

## **What if I want more education or training and/or help finding a job?**

Vocational Rehabilitation Services (VR) is a program that works with individuals with disabilities to assist them in achieving their employment goals. Goals are based on the individual's interests, strengths and priorities. VR may be able to help with

services such as:

- Training for a job, including vocational school, college/university or on-the-job training. Any individual seeking assistance from VR for training at a post-secondary institution will be required to file a financial aid application, called a Free Application for Federal Student Aid (FAFSA), which will assist VR in determining the amount and type of training assistance available from VR, based on your available financial resources (e.g., grants or expected family contribution.)
- Job placement assistance and follow-up support, including supported employment.
- Vocational counseling and guidance.
- Rehabilitation technology such as assistive devices and services.

To learn more about the VR program, contact VR during your final two years of high school. You can refer yourself by calling, writing or visiting your local VR office. Your teacher, guidance counselor or family members may help you contact VR. You can also invite a VR counselor to your school individualized education plan case conferences. If you feel you may need assistance in your transition to employment or post-secondary training before your final two years of school, feel free to contact VR earlier to see if VR services may be appropriate.

Once referred to VR, you will meet with a VR counselor and be asked if you would like to complete an application. You and your counselor will also discuss what information is required to determine whether you will be eligible for services.

**Eligibility is based on the following federal requirements:**

- You have a physical or mental impairment which creates a substantial impediment to employment (meaning that, based on your medical, psychological, vocational, educational and

other related factors, your disability hinders you from preparing for, securing, advancing in or regaining employment consistent with your abilities and capabilities); and

- You require vocational rehabilitation services to prepare for, secure, retain or advance in employment; and
- You are presumed to be able to benefit from VR services in terms of an employment outcome unless, after participating in a trial work experience, there is clear and convincing evidence that your impairment and/or impediment are too significant for you to be able to work.

For more information or to locate your local office call 800-545-7763 or visit the VR website at [www.VRS.IN.gov](http://www.VRS.IN.gov).

## **What is Independent Living?**

Independent living (IL) is a philosophy and movement that emphasizes consumer control and the belief that individuals with disabilities are the best experts on their own needs, having crucial and valuable perspectives to contribute and deserving of equal opportunity. Every person should have the right to decide how to live, work and take part in their communities, particularly in reference to services that powerfully affect their day-to-day lives and access to independence.

Centers for Independent Living (CILs) are the primary organizational advocacy and service delivery systems that represent and promote the IL philosophy. Their primary mission is to empower all people with disabilities to live more independently and have control over their lives. CILs are defined as consumer-controlled, community-based, cross-disability, non-residential and private non-profit agencies. They are designed and operated within local communities by people with disabilities and provide a range of services to consumers and the community.

**All CILs provide the following core services free of charge:**

**Information and referral** – CILs provide information and referrals for available services in the community and assist people with understanding their choices and rights so they can make informed decisions.

**Transition** – CILs assist people transitioning from nursing homes, group homes and other institutions back into the community including the search for affordable, accessible and integrated housing. Transition services also help ensure youth with disabilities ages 14-24 who have completed or graduated from secondary education are able to live independently, continue their education, work and be fully included in the community.

**Peer mentoring and counseling** – CILs are unique in the disability services world because at least 51 percent of a CIL's staff, leadership and board of directors are people with disabilities. This link helps connect people with disabilities with CIL staff for peer support. Regularly scheduled peer support groups meet to provide information and accessible social activities.

**Advocacy** – Advocacy can happen two ways: individual advocacy and system advocacy. With individual advocacy, CILs help persons with disabilities discover and navigate program options that may meet their individual needs. With system advocacy, CILs work to improve community, state and national policies that affect persons with disabilities.

**Independent living skills training** – CILs offer training in a variety of skills for individuals wanting to maintain or increase their independence or adjust to a change. IL skills training may consist of orientation and mobility, assistive technology, meal preparation, budgeting, cleaning, etc.

To learn more and locate a CIL for your county, visit the IL services program web page at [www.in.gov/fssa/ddrs/4981.htm](http://www.in.gov/fssa/ddrs/4981.htm).

**Indiana Statewide Independent Living Council (INSILC)** is an independent, non-profit organization providing leadership and promoting the independent living philosophy through education, systemic advocacy and self-empowerment. The council consists of members all appointed by the Governor, a majority of whom are individuals with disabilities. For more information, contact INSILC at 844-4INSILC (844-446-7452) or visit [www.insilc.org](http://www.insilc.org).

## **What if I need more help to work and live on my own?**

### **Division of Disability and Rehabilitative Services**

The Division of Disability and Rehabilitative Services (DDRS) Bureau of Developmental Disabilities Services (BDDS) provides services for individuals with intellectual and developmental disabilities that enable them to live as independently as possible in their communities. BDDS assists individuals in receiving community supports and residential services using a person-centered plan to help determine which services are needed and who can best provide them.

- You can contact BDDS yourself to make a referral or someone else can help you do it.
- Services and supports may be available through a home and community-based waiver or supervised group living setting.
- Most of the services and supports available through BDDS are funded by Medicaid. BDDS will provide guidance to individuals and families on when and how to apply.

- If you need ongoing help to keep your job, BDDS may be able to assist you with extended services.
- An individual with an intellectual or developmental disability may qualify for BDDS services and supports.

For more information and to find out if you qualify, call 800-545-7763 or visit [www.BDDS.IN.gov](http://www.BDDS.IN.gov).

### **Division of Aging**

The Division of Aging (DA) administers a broad range of in-home and community-based services for older adults and persons with disabilities through the Aged and Disabled Waiver, Traumatic Brain Injury Waiver and other programs.

The INconnect Alliance network of aging and disability resource centers (ADRCs) is the entry point to these programs at the local level and provides referrals to community resource support networks. These organizations also serve as area agencies on aging throughout the state.

To learn more about these programs, please contact your local INconnect Alliance member by visiting [www.INconnectalliance.org](http://www.INconnectalliance.org) or calling 800-713-9023.

## **What are my options for health benefits and insurance to help maintain my health and well-being?**

You may have been covered under your parent's health insurance or maybe you have been eligible for Medicaid while you were in school. What happens when you leave school?

There are a number of options:

- You may go to work and be covered under your employer's health insurance.
- You may continue to be covered under your parents' health insurance until age 26.
- You may receive help from local free clinics or the Township Trustee to cover your medical expenses.
- You may continue to be eligible for Medicaid.
- If you have never received Medicaid, you may wish to apply and see if you are eligible. For more information about Medicaid contact your local county office at 800-403-0864 or visit [indianamedicaid.com](http://indianamedicaid.com).
- You may qualify for a state health insurance program called Hoosier Healthwise. For more information about Hoosier Healthwise, call 800-889-9949 or visit [www.IN.gov/fssa/ompp/2544.htm](http://www.IN.gov/fssa/ompp/2544.htm).
- The Healthy Indiana Plan is a health-insurance program for qualified adults. The plan pays for medical costs for members and could even provide vision and dental coverage. It also rewards members for taking better care of their health. The plan covers Hoosiers ages 19 to 64 who meet specific income levels. For more information, contact 877-GET-HIP9 (877-438-4479) or [www.HIP.in.gov](http://www.HIP.in.gov).

## **What are Community Mental Health Centers ?**

Your local Community Mental Health Center (CMHC) provides a variety of services to help support a healthy lifestyle. From information by telephone to intensive counseling services, your local center is available to support you in designing a positive and full life.

Your local CMHC can also help you and your family adjust to the many changes happening as you move on to life after high school. Some centers have employment programs to help you gain experience and find a job.

For additional information call the 24-hour Division of Mental Health and Addiction Consumer Service Line at 800-901-1133 or visit [www.in.gov/fssa/dmha](http://www.in.gov/fssa/dmha).

Individuals who are deaf or hard of hearing or who have a speech impairment can access the consumer service line by calling 711.

Contact your local provider to find out about all of the services your local center can provide. A map of local CMHCs with their contact information can be found at [www.in.gov/fssa/dmha/2578.htm](http://www.in.gov/fssa/dmha/2578.htm).

## **What questions should I ask a CMHC?**

- What services does your agency offer?
- What is my role in planning for services?
- What services can you provide me in my community?
- What are the eligibility requirements for services?
- How long can I receive services?
- What documents should I bring to apply?
- Will you meet with me and my family in our home or must I come to your office?
- May I have my advocate attend meetings with me?
- What do I do if I do not like or agree with your services?

# My Local Contacts

Agency Name \_\_\_\_\_

My Contact \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Agency Name \_\_\_\_\_

My Contact \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Agency Name \_\_\_\_\_

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**State of Indiana**

**Family and Social Services Administration**

402 W. WASHINGTON STREET, P.O. BOX 7083  
INDIANAPOLIS, INDIANA 46207-7083

[www.fssa.IN.gov](http://www.fssa.IN.gov)

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