

# 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. Perhaps you are wondering how to find the assistance you need to be able to reach your goals.

This brochure looks at some of the questions you may have about your future and will introduce you to agencies and services that may be able to help you to...**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 that you are interested in. What are the positives and negatives about that job?
- ▶ Interview other people you know about the kind of work they do. What is their job? What do they do? Why do they like it or why don't they like it?
- ▶ What do you like to do? What skills do you have? What do others think you do well?
- ▶ Ask your teachers and family if you could job shadow at a local employer or business.
- ▶ Look for jobs while you are still in school. Find out what you can do to improve your interviewing skills.
- ▶ Consider job training or more education beyond high school.
- ▶ Meet with a Vocational Rehabilitation counselor at an informational meeting to learn about the Vocational Rehabilitation program and to determine if you might be eligible for and benefit from VR 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:

- ▶ Focus on what type of job you want after high school.
- ▶ If interested, contact Vocational Rehabilitation to apply for services and find out if you are eligible. This is your responsibility and you will need to follow through early to find out what services you may qualify for. If eligible, you will be able to work with your Vocational Rehabilitation 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 desired vocational goal. It may help you to visit different schools to find a school you like, and meet with the Disability Services Coordinator to discuss accommodations and services offered.
- ▶ If necessary, 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.
- ▶ Vocational Rehabilitation may or may not be able to support the pursuit of additional school or training, based on a variety of reasons. You may still decide to pursue this on your own!
- ▶ Find a job!
- ▶ Think about where you would like to live.
- ▶ Visit friends who are living on their own. Do they like it? Why? 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 and One-Stop Centers are operated throughout Indiana to assist you in finding employment. Their staff provide free career services and employment information to all Indiana residents. 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 or One-Stop Center.

Services available at your local WorkOne or One-Stop 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 1-888-WorkOne or visit the Department of Workforce Development Web site at: [www.IN.gov/dwd](http://www.IN.gov/dwd) Select “Job Search”, “Work One Centers”, and then “Locations”

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

Vocational Rehabilitation Services (VRS) 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. While VRS is not a scholarship program, VRS may be able to help with services such as:

- ▶ Training for a job, including vocational school, college/university, and on-the-job. Assistance from VRS may depend on financial assistance available based on your Financial Aid application (FAFSA) and family resources.
- ▶ Job placement assistance and follow-up support, including supported employment;
- ▶ Vocational counseling and guidance;
- ▶ Short term medical treatment to correct or modify a physical or mental impairment if needed to achieve a vocational goal, and/or;
- ▶ Rehabilitation technology such as assistive devices and services.

Contact VRS during your final two years of high school. You can refer yourself to VRS by calling, writing, or visiting your local office. Your teacher, guidance counselor, or family members may help you contact VRS. You can also invite a VRS Counselor to your school IEP case conferences. You must fill out a VRS application to find out if you are eligible for services.

**Eligibility Requirements for VRS:** A person may be eligible if he or she has a physical or mental impairment that substantially interferes with the ability to work and vocational rehabilitation services are required for this person to become employable.

For more information or to locate your local office call **1-800-545-7763** or visit the VRS Web site at: [www.VRS.IN.gov](http://www.VRS.IN.gov)

## Where can I find information about living independently?

Centers for Independent Living (CILs) work to increase the independence of consumers that live in various communities, with many different barriers, attitudes and needs. Even though the various CILs may have to focus on needs related to their specific area, every CIL is mandated to provide four Core Services.

**Referral & Information** – CILs can help individuals with disabilities learn more about direct services, such as services they may receive through VRS or through the Bureau of Developmental Disabilities Services (BDDS). They can also help individuals learn more about their rights and assist them in understanding their options in order to help them make appropriate choices about their lives.

**Peer Mentoring** – CILs most often try to use a role-model approach which enables individuals with disabilities to learn from the life experiences and expertise of others. This allows consumers to connect with individuals with similar situations as they are mentored.

**Advocacy** – CILs offer support and assistance to individuals with disabilities in order to help them establish and maintain control over their life. By teaching self-help and self-advocacy, CILs are able to help individuals establish personal goals, increase assertiveness, and establish and maintain that control.

**Independent Living Skills Training** – CILs offer training and practice in a variety of basic skills to people who are experiencing independence for the first time, want to increase their independence, or are merely adjusting to change.

In addition to the four core services, centers also provide many additional services across the state. All CILs strive to recognize and respond to the needs of individuals with disabilities within their specific locality.

To find the CIL for your location, as well as other resources in your area, visit the following Web site:

<http://www.iidc.indiana.edu/index.php?pagelid=544>

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

The Bureau of Developmental Disabilities Services (BDDS) provides limited State and Federally funded services for individuals with intellectual and developmental disabilities, including autism, to reach independence, self-sufficiency, and active community participation.

- ▶ You can contact BDDS yourself to make a referral or someone else can help you do it.
- ▶ Assistance may be available if you would like to live in supervised group living or you can apply for waiver services and other supports.
- ▶ If you need ongoing help to keep your job, BDDS may be able to assist you with follow along services.

To qualify for BDDS assistance: The term “developmental disability” means a severe, chronic disability of a person that

- ▶ is attributable to a mental or physical impairment or a combination of a mental and physical impairment (other than a sole diagnosis of mental illness);
- ▶ is manifested before the age of 22 and is expected to continue indefinitely;
- ▶ reflects the person’s need for a combination and sequence of special, interdisciplinary, or generic care, treatment, or other services that are of lifelong or extended duration and are individually planned and coordinated; and
- ▶ results in substantial limitations in at least three (3) of the following: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living. (Economic self-sufficiency may be used if applying for State Funded employment follow along services only.)

Persons with Autism or Developmental Disabilities can access the application process for Medicaid Waivers through BDDS.

For additional information about services available through BDDS call **1-800-545-7763** or visit their Web site at: [www.BDDS.IN.gov](http://www.BDDS.IN.gov)

The Division of Aging (DA) provides a broad range of in-home and community based services not only for older adults but also persons with disabilities through the Aged and Disabled Waiver and Traumatic Brain Injury Waiver.

The Aging and Disability Resource Centers (ADRCs), also known as the Area Agencies on Aging (AAA), administer many of these programs at the local level for the DA and provide referrals to community resource support networks.

To inquire about the application process contact your local ADRC toll free [1-800-986-3505](tel:1-800-986-3505) for information, or visit their website: [www.IN.gov/fssa/2329.htm](http://www.IN.gov/fssa/2329.htm) Click on “Programs and Services”

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

You may have been covered under your parents’ health insurance or maybe you’ve 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 the local free clinics or the Township Trustee to cover your medical expenses.
- ▶ You may continue to be eligible for Medicaid.
- ▶ If you’ve 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 [1-800-403-0864](tel:1-800-403-0864) or visit: <http://www.in.gov/fssa/2407.htm>
- ▶ You may qualify for a state health insurance program called Hoosier Healthwise. For more information about Hoosier Healthwise call their hotline at [1-800-889-9949](tel:1-800-889-9949) or visit their Web site at: [www.IN.gov/fssa/ompp/2544.htm](http://www.IN.gov/fssa/ompp/2544.htm)

- ▶ Some counseling and mental health services may be covered by the Hoosier Assurance Plan. For more information contact them at DMHA Consumer Service at **1-800-901-1133** or <http://www.in.gov/fssa/dmha/2683.htm> or check with your local Community Mental Health Center.

## **What are Community Mental Health Centers (CMHC)?**

Your local CMHC (Community Mental Health Center) 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. Community Mental Health Centers are partially funded by the Division of Mental Health and Addiction (DMHA).

For additional information call DMHA Consumer Service **1-800-901-1133** from 8:30 AM – 5:00 PM, Monday- Friday, or visit the Web site at: <http://www.in.gov/fssa/dmha/index.htm>

Contact your local provider to find out about all of the services your local Center can provide. A map of local Community Mental Health Centers and their contact information can be found at: <http://www.in.gov/fssa/dmha/2578.htm>

## **What questions should I ask agencies?**

- ▶ 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 \_\_\_\_\_

E-mail \_\_\_\_\_

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

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

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

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## My Local Contacts (Cont.)

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

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

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**State of Indiana**  
**Family and Social Services Administration**

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INDIANAPOLIS, INDIANA 46207-7083

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

FSSA 1019 (R9/3-12)

Job 5323