What do I need to do?	
Where can I find help?	
Who do I need to contact?	
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EMPLOYMENT & CAREER SUPPORTS	
Mental Health Services: maine.gov/dhhs/samhs/mentalhealth/mh-system/vocational-resources/indexocational Rehabilitation: maine.gov/rehab/dvr	ex.shtml
CareerCenter: mainecareercenter.gov	
Aging & Disability Services: maine.gov/dhhs/oads/community-support/employment-volunteering/devel	opmental-services.html
Maine Educational Opportunity Center: meoc.maine.edu	
Adult Education: maineadulted.org	
<b>Guide to Transition Services in Maine:</b> maine.gov/dhhs/ocfs/MSK.HDBK-update(6.23.16).pdf	
MONEY MANAGEMENT	
Benefits Counseling: benefitsandworkinme.org	
New Ventures: newventuresmaine.org	
Benefits Counseling: benefitsandworkinme.org  New Ventures: newventuresmaine.org  Consumer Credit Protection: maine.gov/pfr/consumercredit/index.shtml  ADVOCACY	
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# FIND YOUR PATH TO EMPLOYMENT



There are many ways to become employed and earn money. You can decide where to start and what you need along your pathway to a job and a career.



- Discover what types of jobs interest you
- Try a job while in high school
- Take a class or volunteer to learn skills
- Enroll in adult education classes or college
- Get help from family and friends
- Access resources at a local CareerCenter
- Connect with employment services that can support you

Where do **you** want to begin on the pathway to employment? **Let's get started!** 

## **EmploymentFirstMaine**







This document was developed by Maine Medical Center's Department of Vocational Services through funding provided by Maine's Department of Health and Human Services from the Balancing Incentives Program.

## Should I go to work?

- How much money do I need to live the life I want?
- What are my life goals?
- Where does work fit in my plan for myself?

## What can I do for a job?

- → What am I good at?
- What education and experience do I have?
- → What skills do I want to learn?
- What housework do I do at home?

## Who can help me?

- --- Family and friends?
- Vocational Rehabilitation and CareerCenters?
- Teachers / Professors?
- Guidance / Career Counselors?

#### Where could I work?

- What employers are in my neighborhood?
- Where do the people I know work?
- Is self-employment something that could work for me?
- Where do I go in my community?

# WORK!

## How can I prepare for earning a paycheck?

- Do I need benefits counseling?
- → Will I need direct deposit?
- → Do I have a bank account?
- How do I report income to benefit agencies?

## What might I need to be successful at a job?

- --- Can technology help me?
- Will I need accommodations for my disability?
- Do I need on-the-job coaching?

## When do I want to work?

- Can I work full time?
- What days of the week do I want to work?
- What part-time schedule would work for me?

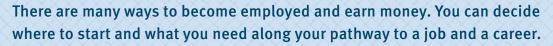
## How will I get to work?

- What do I need to do to develop a plan?
- → What towns can I get to?

#### Notes:

- Is driving an option?
- Is there public transportation?
- Is it safe to walk or ride a bike there?
- --- Can I carpool?
- How much can I afford to spend?
- How do other employees get to the business?
- → What's my back up plan?

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ADVOCACY
CARES, Inc.: caresinc.org

Advocacy, Case Management and Assistive Technology

**Disability Rights Maine:** drme.org

Maine's Protection and Advocacy Agency for People with Disabilities