

WORKING... YOU CAN DO IT!!

It's normal to be worried about working at a job. It's a new experience, and you may have questions or fears. You can talk with your parents, teachers, and vocational rehabilitation (VR) counselor at the Department for Aging and Rehabilitation Services (DARS). They can help you. Here are some questions and fears that other youth have shared and some ways to help answer those.

FEAR: I can't work because of my disability.

Answer: With the right support and accommodations, you can be successful at a job. Sometimes, an employer (the company you work for) will even develop a job just for you.

FEAR: I don't know what kind of job I want or what I might be good at.

Answer: You can work with your team (school, DARS, and your family) to decide on the type of job that is right for you. DARS has programs that will help you look at different kinds of jobs, talk to people at other businesses, and do some work at different jobs to help you decide what you like and are good at.

FEAR: I'm afraid I will make a mistake at work.

Answer: Everyone makes mistakes. The important thing is to learn from your mistakes and move on. Be sure to ask for help from your supervisor, the people you work with, or your job coach. They can talk with you about what to do and what not to do and help you fix your mistakes.

FEAR: I'm afraid that people will be mean to me at work.

Answer: Most people are very kind and will support and help you. Whether you work in a job with just a few people or a lot of people, chances are you will even make friends at work. If you are worried about fitting in, DARS can talk to the people you work with to make sure they understand your disability and the abilities and gifts you bring to the workplace.

FEAR: I am afraid I won't be able to communicate well or that people won't understand me.

Answer: People communicate in all different ways—with words, pictures, and sign language, using technology like an iPad. Your team (you, school, family, DARS counselor) can work with your supervisor and the people you work with to make sure the way you communicate is used and respected.

FEAR: I don't think I can work all day, and sometimes I have doctor or therapy appointments.

Answer: Most employers will work with you on your schedule. Some people work every day, and some work a few days a week or only in the mornings or afternoons. You and your team (family, school, DARS counselor) can talk to your supervisor about having a flexible schedule.

FEAR: My mom and dad don't want me to go to work.

Answer: Talk to your parents about your hopes, goals, and dreams. Your parents are probably just worried about you, but you can talk to your parents and your other team members to plan for the future you want, including a job.

FEAR: I can't drive, so how will I get to work?

Answer: Talk with your team about things like Medicaid transportation, paratransit (some cities and counties have special programs to pick you up at home), ride share (like Uber), or carpooling. Depending on where you live, you may also be able to take the bus or metro. DARS can even help you learn the skills to take public transportation if it is in your area.

**IF YOU WANT
TO WORK...
YOU CAN
DO IT!!**



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