

Title “A Self-Advocate’s Guide to Vocational Rehabilitation (VR)”

Section 1

What is Vocational Rehabilitation (VR)?

Vocational Rehabilitation helps students with disabilities to find a job and with self-advocacy. VR can be part of the student’s IEP (Individualized Educational Plan) in school starting at age 14 until they graduate. VR can help with transition after high school and with independent living. For any problems getting VR services, contact the Client Assistance Program (CAP) found at <https://www.ndrn.org/about/ndrn-member-agencies/>.

Who Can use VR?

Anyone with a physical or mental disability can apply. Note: Some states have another VR agency for people who are blind or visually impaired. Students are chosen if besides having a disability, VR will help them get or keep a job, and they will benefit from VR services.ⁱ

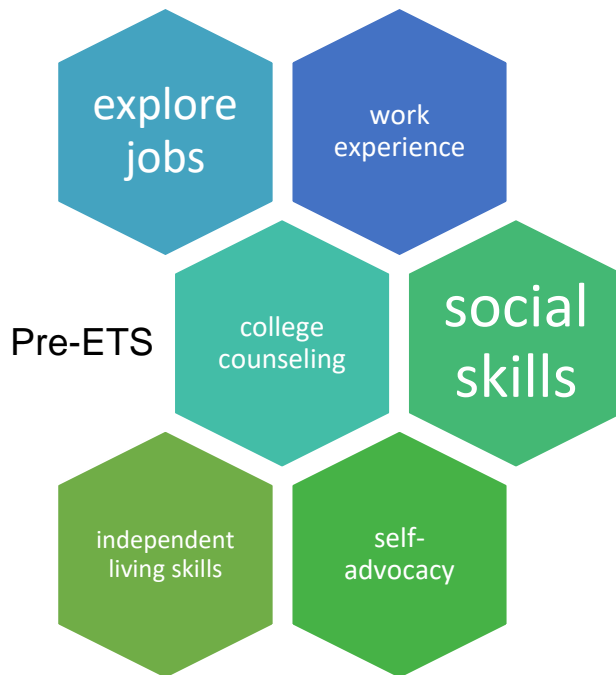
What Services Can You Get from VR?

VR will help with job choices, supports such as coaching, AT (assistive technology) if needed for the job. VR may also pay for “tuition, fees, books, and vocational assessments”.ⁱⁱ VR will help with tests, transportation, counseling/guidance, personal care assistance, etc.ⁱⁱⁱ These services also include:



What are Pre-Employment Transition Services (Pre-ETS)?

These services for students include:



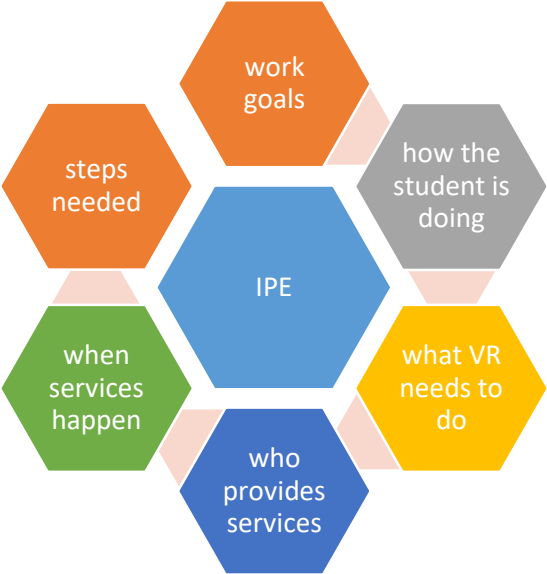
Pre-ETS is allowed for all students with disabilities even if they haven't applied to VR.

How to Find VR in your State

Each state has their own VR program. <https://rsa.ed.gov/about/states>

What is an Individual Plan for Employment (IPE)?

An Individual Plan for Employment has



It is important to note that people who apply are seen as able to work, regardless of disability.

Section 2

Important Words

Client Assistance Program

Helps get VR services if there are any problems.

Individual Plan for Employment

A written plan on how the person will get a job.

Pre-Employment Transition Services

Services students can get in high school to help get a job later.

Self-Advocacy

Speaking up for yourself.

Vocational Rehabilitation

Helps people with disabilities get and keep jobs.

See also <https://www.parentcenterhub.org/young-adults-in-transition-vr-services-glossary/>

Section 3

Resources

What is VR video

<https://www.youtube.com/watch?v=m1aaPmtlcuQ>

VR - What You Need to Know

<https://www.understood.org/en/articles/vocational-rehab-what-you-need-to-know^{iv}>

VR basics from SSA (Social Security Administration)

<https://yourtickettowork.ssa.gov/state-vr-agencies/vr-basics>

CPIR (Center for Parent Information and Resources) module

<https://www.parentcenterhub.org/young-adults-in-transition-vr-services/>

RAISE (Resources for Access, Independence, Self-Determination & Employment)

Introduction to the Vocational Rehabilitation Program webinar

<https://www.raisecenter.org/introduction-to-the-vocational-rehabilitation-program/>

ⁱ <https://www.parentcenterhub.org/young-adults-in-transition-vr-services-1/>

ⁱⁱ <https://thinkcollege.net/think-college-news/find-your-state-vr-agency>

ⁱⁱⁱ <https://www.parentcenterhub.org/young-adults-in-transition-vr-services-4/>

^{iv} <https://www.understood.org/en/articles/vocational-rehab-what-you-need-to-know>