Steps in working with Oregon Vocational Rehabilitation (VR):

**Step 1:** Establish contact with the VR Counselor assigned to your school and schedule a meeting. Your first meeting with a VR Counselor will be to gather information about you, your needs, and to discuss whether the VR program fits for you.

If the program is for you……..

**Step 2:** Sign an application and a VR Counselor will determine whether or not you’re eligible for services by talking with you about your needs, your disability, and what barriers you have as a result. They may also need to do some additional testing and will read through your school records.

**Step 3:** Once you’re eligible, you’ll meet with your VR Counselor to discuss your goals and plans for employment. VR Counselors can provide guidance and counseling to students who need help determining their goals or plan for what they want after high school.

**Step 4:** You’ll also work with your VR Counselor to discuss the impact of your barriers as you work to reach your employment goals and determine what services are necessary to help you reach your goals.

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**How to contact VRC**

- Email
- Where in the school are you?

**Phone:** 555-555-5555  
**Fax:** 555-555-5555

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**You can get the help you need, schedule your appointment today!**