

## WHAT IS VOCATIONAL REHABILITATION?

Vocational Rehabilitation (VR) is a federal-state program that works with people who have a physical or mental disability to prepare for, gain, or retain employment. VR is committed to helping people with disabilities find meaningful careers.

## WHAT TYPE OF ASSISTANCE MAY BE AVAILABLE FROM VR?

- Medical and Psychological Assessment
- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Work Experience While in High School
- Training and Education After High School
- Job-Site Assessment and Accommodations
- Job Placement
- Job Coaching
- On-the-Job Training
- Supported Employment
- Assistive Technology and Devices
- Time-Limited Medical and/or Psychological Treatment

## HOW CAN I FIND A VR OFFICE?

Locate the VR office nearest to you by going to [www.oregon.gov/DHS/vr](http://www.oregon.gov/DHS/vr) and clicking on the VR Office Directory.

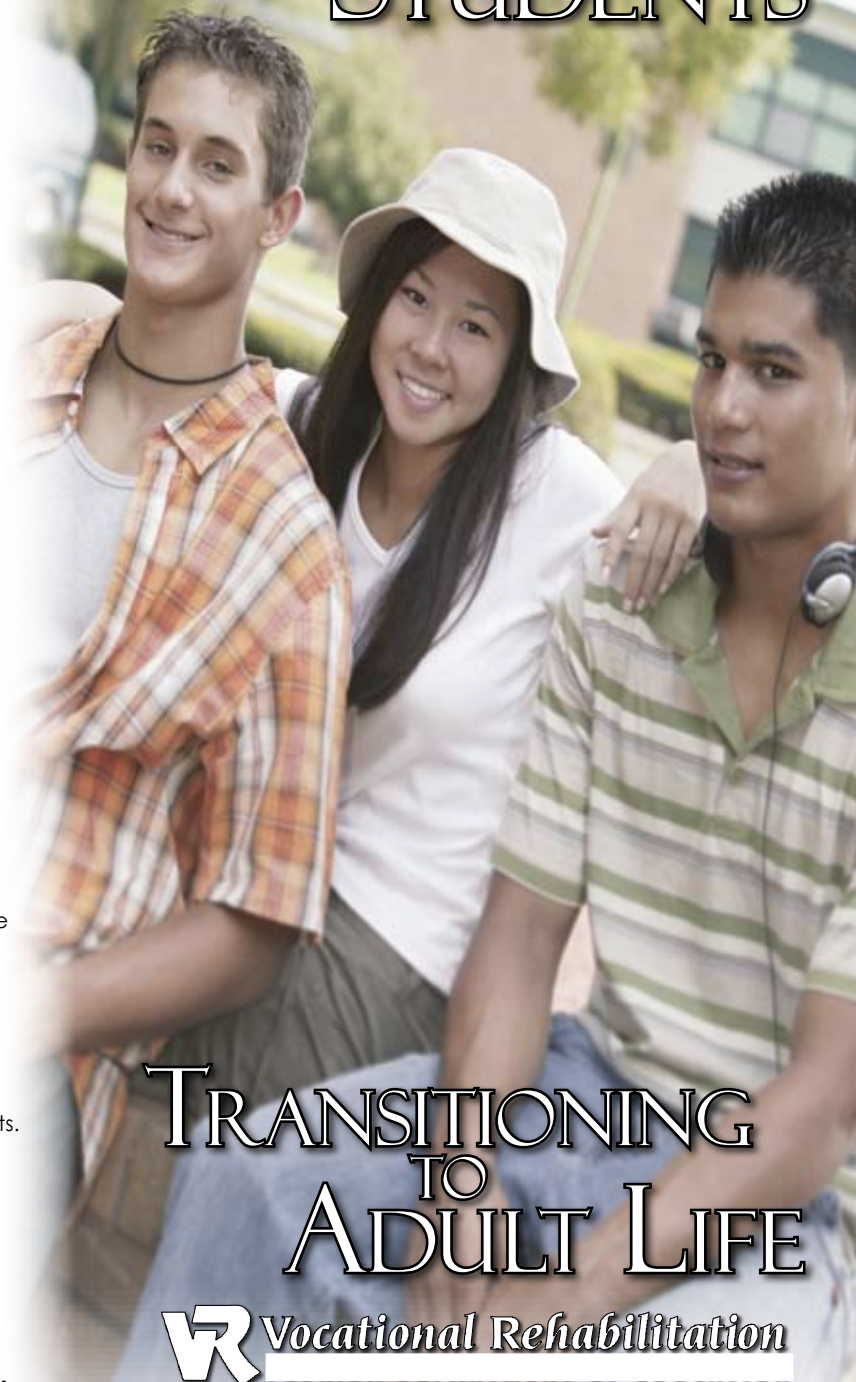
[projectaccess.uoregon.edu](http://projectaccess.uoregon.edu)

[www.oregon.gov/DHS/vr](http://www.oregon.gov/DHS/vr)

An equal opportunity employer/program. It is against the law for the Division of Vocational Rehabilitation (VR), as a recipient of Federal financial assistance, to discriminate against any individual in the United States on the basis of race, color, religion, sex, national origin, age, disability, political affiliation or belief.

The application process used by VR to determine eligibility for services, any subsequent services, and the entire VR process are subject to these non-discrimination requirements. Auxiliary aids and services are available upon request to individuals with disabilities.

# CHECKLIST FOR STUDENTS



## TRANSITIONING TO ADULT LIFE

**VR** Vocational Rehabilitation

The following is a checklist that may help you with your transition needs. This is only a basic guide. The important part is remembering to stay involved in the transition process to ensure that your needs and goals are addressed so you can prepare for life after high school.

## AGE 14-15

- Learn more about your disability, including your strengths and accommodation needs.
- Participate in transition planning by preparing for and attending your scheduled Individual Educational Plan (IEP) meetings.
- Create a picture of where you are today and set goals for your future.
- Gather information from your school and area agencies that serve youth with transition needs.
- Discuss diploma options in 8th grade or by age 14 and their impact on training and employment after you graduate.
- Research employment and career opportunities by visiting your local One Stop Career Center or visit [www.oregon.gov/DHS/vr](http://www.oregon.gov/DHS/vr).
- Find part-time jobs to gain work experience and begin building your career portfolio.
- Ask about career exploration, job training, mentoring opportunities, volunteering and work experience offered through your high school and in the community.

## AGE 16-17

- Participate in your transition planning by preparing for and attending your scheduled IEP meetings.
- Invite Vocational Rehabilitation (VR) and other agency representatives who may participate in post high school planning to your IEP meeting.
- Discuss your transportation plans for after graduation.
- Discuss medical and psychological care options to meet your needs after graduation.
- Discuss your post high school living arrangements and needs.
- Discuss future training and education options.
- Apply for agency services, as recommended, to assist you with meeting your post high school needs and goals.
- Review your diploma options and make changes as necessary.
- Continue to explore careers, gain job training and/or work experience.
- You may pre-register to vote at 17 and will receive your voter card by mail when you turn 18. For more information visit [www.oregonvotes.org](http://www.oregonvotes.org)
- Address guardianship options, if appropriate.

## AGE 18-22

- Consider applying for Social Security Disability Benefits (SSI and SSDI). For information, call: (800) 772-1213 (Toll Free) or (800) 325-0778 (TTY).
- Males must register for selective service. Visit [www.sss.gov](http://www.sss.gov) for more information.
- Remember that VR can assist eligible individuals with post high school training, job placement, and other services necessary for a successful employment outcome.

