



Making a Plan

In order to make your plan for the future, you might want to know more about your disability and the types of supports you need for continued education or work. You will have received some evaluations in school that tell you about educational needs. You have a team of people who are there to help you as you plan for your future. These people include transition counselors, guidance counselors, special educators, teachers, parents, employers, and others who all contribute to the vocational evaluation process.

Tools that might help are 1) telling your counselor about your interests, your hobbies, volunteer jobs you may have held, clubs you belong to, how you like school, and other information about yourself; 2) using interest inventories to pin down types of careers that you might enjoy; 3) going to work sites to see what people do at particular jobs or to actually try out different jobs; and 4) taking tests that would tell you what you have learned in the past, how well you might do in certain areas, and how your personality traits might affect a career choice. There are many ways to gather information, and your counselor can help you decide what might be best for you.

Once you have a general idea of the kinds of things you would like to do, the VR transition counselor and other people on your transition team will help you to make **A PLAN** to achieve your goals. If you have an IEP at school (Individual Education

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Plan) you will also be making a Transition Plan as a part of the IEP. This plan will talk about your goals, your interests, and what kinds of services you will need in high school to succeed. During this process, the VR transition counselor is there to give you ideas and suggestions and to consult with all the members of your transition team. When you are about 18 months from high school graduation, the VR transition counselor can begin to provide specific VR services to help you prepare for your career. For this, you and the counselor will make another kind of plan called the Individualized Plan for Employment (IPE). This plan outlines the services that VR can provide as you move out of school and into a job, a training program or college. The plan puts into writing the things you and your counselor agree that you need, when these services will be provided, the cost of these services, and responsibilities of you and the counselor. You, a parent or guardian, and the counselor will all sign the plan.

At that time, the VR transition counselor will give you information about your rights as a consumer of VR services and what you can do if for some reason you are not happy with the services. We are here to help! Let us know how!