

Join the team

A job is an opportunity to learn skills, make friends, and earn money. Working also brings many responsibilities. Your responsibilities will include:

- Being dependable
- Being ready to work
- Getting to your job on your own (after you receive transportation training)
- Getting to work on time

Social Security

Everyone who works must have a Social Security card. Your Regional Center service coordinator can tell you how to apply for one.

What you can expect

If you are looking for a job in the community, expect your job search to take a few months. You may choose to work full-time or part-time. Remember, it's important to choose a job that is right for you.

When you start a new job, it may seem a bit overwhelming at first, but stick with it. As time goes by, you will find that it becomes easier.

Questions?

If you have any questions, do not hesitate to ask your service coordinator. You may also want to visit the NLACRC Web site at www.nlacrc.org or the Department of Developmental Services (DDS) Web site at www.dds.ca.gov for additional information.

Resources

NLACRC has a library with books, DVDs, videos, and many other resources. The Van Nuys library has a computer lab with Internet access and special software programs including Dragon Naturally Speaking, Kurzweil 3000, ZoomText, and Inspiration. Please call to schedule your visit.

About NLACRC and the Lanterman Act

NLACRC is a nonprofit corporation that provides case management and access to a full range of effective services for persons with developmental disabilities (consumers). These high-quality services are provided in a cost-effective manner. The center operates under a contract with the State of California Department of Developmental Services.

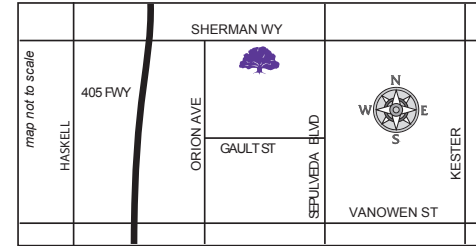
In accordance with the Lanterman Act, NLACRC provides assistance in accessing services and support for consumers and their families. The Lanterman Act is the law in California that says people have the right to services and supports as determined through the IPP process and based on individual needs and preferences. Services and supports help to expand consumer opportunities and choices in the community. The intent of this law is to empower consumers so that they may lead lives similar to those of people without disabilities.

You can view the Lanterman Act on the DDS Web site at www.dds.ca.gov.

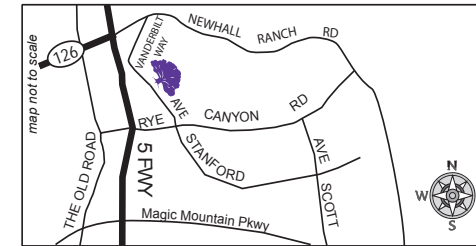
Be sure to visit the NLACRC Web site for current news and information.
www.nlacrc.org

NLACRC Offices www.nlacrc.org
Business hours: Mon.-Fri., 8:30 a.m. - 5 p.m.
Library hours 9 a.m. - 4 p.m.
Closed on Sat. & Sun. and major holidays

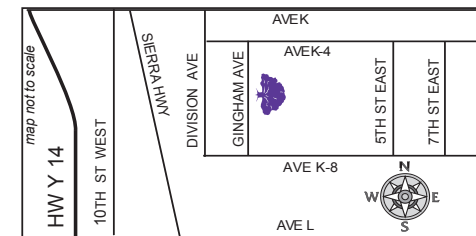
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Urgent issues only. Medical emergencies dial 9-1-1

Employment Opportunities

Choices for
Meaningful Work



resources

NorthLosAngelesCountyRegionalCenter

Why should you work?

Having a job can change your life in many positive ways. Working can help you:

- Learn new skills
- Earn money
- Make new friends
- Feel good about yourself

Many people with developmental disabilities (consumers) have jobs in a variety of settings. Some work in offices. Others work in child care, retail, or food service. There are also jobs at sheltered workshops. Your job choices will depend upon your interests, abilities, experience, and the job market.

North Los Angeles County Regional Center (NLACRC) supports your right to have meaningful work. You may have had a few jobs before, or maybe you are looking for your first job. Do not worry. NLACRC is here to help you.

Person-centered planning

Choosing the right job for YOU is part of the person-centered planning process. Person-centered planning is about creating a plan to help you live the life you want to live. The plan is called an **Individual Program Plan (IPP)** and is written just for you! The IPP will talk about what you will do each day, and how you will reach your future goals.

Individual Program Plan (IPP) meeting

You will have an IPP meeting once a year. Before the meeting, think carefully about what you want for your life, including a job. During your IPP meeting, set specific job goals. Here are some examples of specific job goals:

- I want to work within one year
- I want an office job
- I want to make friends at work

You will not lose your other Regional Center services because you have a job, and you may continue to be eligible for other services such as Supplemental Security Income (SSI).

Work-training programs

The type of work-training program that is right for you depends on your age and experience.

School-age

We encourage high school students to explore job opportunities. A career and transition program is available through your high school. In this program, you can learn the skills you need to find a job after you graduate. Volunteering is also a great way to learn and gain on-the-job experience.

Adult

Three types of work and work-training programs are available for adult consumers.

Occupation centers provide specialized, professional training for adult consumers. This training gives you the advanced skills you need to pursue higher-level jobs. Some of these jobs might include working as a skilled landscaper, child care worker, or baker.

Supported employment programs help consumers find a job in an office, or in another setting. You will work alongside co-workers who do not have disabilities. In some cases, you and other consumers will work together in a group. The company will be your employer and will pay you an hourly wage.

Your personal **job coach** will work with you to help you succeed. At first, your coach may go to work with you every day. Your coach will continue to help you until you say that you are ready to work without help.

Your personal job coach will work with you to help you succeed.

Sheltered workshops are work-activity programs for adult consumers. Employees work at a variety of jobs and are paid by the hour or based on how much they produce. You will work at the workshop along with other consumers. Sheltered workshop staff will help you learn the skills you need to do the job. Some sheltered workshop activities might include:

- Sorting products
- Putting products in a package
- Putting products together

If you decide that you want a job, your Regional Center service coordinator can help you get started on the right path.

Additional training

No matter what program you choose, you will receive the training you need to help you succeed. Some of the things you will learn include:

- Financial skills
- How to file for Supplemental Security Income (SSI)
- Skills to do the job well
- Skills that teach you how to make it on your own
- Speaking-up for yourself (self-advocacy)
- Using the bus
- Ways to get along with your boss

The SSI program makes payments to people with low income who are age 65 or older or are blind or have a disability. The Social Security Administration (SSA) manages the SSI program.

Getting hired

There are two things everyone must do when searching for a job:

- Write a resumé
- Go on a job interview

A resumé is a document that shows your skills, qualifications, and work and education history. Your resume will help employers decide why they should hire you.

During an interview, you and the employer will decide if you are the right person for the job. The employer will ask you questions about your skills and work experience. An interview is also a good time for you to ask any questions you have about the job. Make sure to arrive early for an interview. Dress and look your best!

After the interview, think about the job:

- What were the things you liked about the job?
- What did you not like about the job?
- Would you be happy working there?

How to choose your job

Think carefully about choosing a job because it will be an important part of your life. Make sure it is right for you. Some questions you should ask yourself before choosing a job include:

- Why do I want a job?
- What do I expect from a job?
- What do I enjoy doing?
- What type of job setting is best for me?
- How much support do I need?

www.nlacrc.org