

Employment Services for People with Disabilities



Specialized job services to help you reach your career goals

What Is Vocational Rehabilitation?

The Division of Vocational Rehabilitation, also known as "VR," assists individuals who have disabilities to get and keep a job. VR works with adults, as well as with eligible students to coordinate information and resources as they transition to the world of work.

To be eligible for VR Services you must:

- have a documented disability that prevents you from getting or keeping a job.
- need VR services to keep a job (Eligibility must be determined in 60 days. Medical records can usually provide the necessary documentation.)

If you are receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) based on a disability and have an interest in working, you are presumed eligible for VR services.

How Do I Apply?

To apply for VR, you need to call one of our offices and schedule an appointment with a VR counselor. The counselor will explain the program and learn more about you and your goals. You are strongly encouraged to view the online VR orientation video prior to applying for services.

www.maine.gov/rehab/videos/vr_orientation.shtml

What About My Employment Goals?

Your VR counselor will work with you to decide what jobs best fit your interests and skills. You'll also consider where you live, the current job market, and what transportation is available.

What Services Does VR Provide?

Every person's employment plan is different. VR will consider any service you need to achieve the agreed-upon vocational goal.

As you identify careers, VR can provide information about the skills and training you need. If training is necessary, VR may help with the cost of the program.

VR may buy tools, uniforms or basic equipment needed to start a job. Sometimes VR can assist with payment for some medical/psychological services. If you need a Job Coach (on-the-job support), VR will provide one. Generally services end 90 days after you start working.

How Much Will This Cost?

It does not cost you anything to apply for services. There is no charge for testing, vocational evaluation, counseling, or job placement assistance. If you are eligible for services, your counselor will ask you about your income and expenses. Depending upon your income, you may be asked to contribute to the cost of VR services. VR cannot pay for any services you received before you applied to VR, or any services not agreed upon with your counselor and written in your Individualized Plan for Employment.

Client Assistance Program (CAP), a Program of C.A.R.E.S., Inc.

CAP is an advocacy program that provides information and assistance to individuals who are applying for, or receiving VR services.

CAP exists to answer your questions, clarify the VR process, and if necessary, represent you to help resolve a problem or concern.

For more information about CAP, call:

207-377-7055 • 1-800-773-7055 • TTY users call Maine Relay 711.
C.A.R.E.S., Inc., 134 Main Street, Suite 2C, Winthrop, ME 04364

www.caresinc.org

Bureau of Rehabilitation Services

Administrative Office, 150 State House Station,
Augusta, ME 04333-0150 • 207-623-6799 • Fax 287-5292
TTY users call Maine Relay 711

MAINE
DEPARTMENT OF
LABOR
Division of Vocational Rehabilitation

The Maine Department of Labor provides equal opportunity in employment and programs. Auxiliary aids and services are available to individuals with disabilities upon request. Programs are provided as a proud partner of the American Job Center network.

Planning for Employment

Things to consider before starting your job search:

How much money do you need to make each month to live the life you want?

What types of work interest you?

What ways can you use to travel back and forth to work?

Some options are bike, car, walk, family/friends, co-workers, agency, bus or taxi

What towns are you able to get to?

List the help you might need to get and keep a job.

Who would give you a reference? (name and contact information)