

What do I need to do?

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Where can I find help?

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Who do I need to contact?

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### EMPLOYMENT & CAREER SUPPORTS

**Mental Health Services:** [maine.gov/dhhs/samhs/mentalhealth/mh-system/vocational-resources/index.shtml](http://maine.gov/dhhs/samhs/mentalhealth/mh-system/vocational-resources/index.shtml)

**Vocational Rehabilitation:** [maine.gov/rehab/dvr](http://maine.gov/rehab/dvr)

**CareerCenter:** [mainecareercenter.gov](http://mainecareercenter.gov)

**Aging & Disability Services:** [maine.gov/dhhs/oads/community-support/employment-volunteering/developmental-services.html](http://maine.gov/dhhs/oads/community-support/employment-volunteering/developmental-services.html)

**Maine Educational Opportunity Center:** [meoc.maine.edu](http://meoc.maine.edu)

**Adult Education:** [maineadulted.org](http://maineadulted.org)

**Guide to Transition Services in Maine:** [maine.gov/dhhs/ocfs/MSK.HDBK-update\(6.23.16\).pdf](http://maine.gov/dhhs/ocfs/MSK.HDBK-update(6.23.16).pdf)

### MONEY MANAGEMENT

**Benefits Counseling:** [benefitsandworkinme.org](http://benefitsandworkinme.org)

**New Ventures:** [newventuresmaine.org](http://newventuresmaine.org)

**Consumer Credit Protection:** [maine.gov/pfr/consumercredit/index.shtml](http://maine.gov/pfr/consumercredit/index.shtml)

### ADVOCACY

**CARES, Inc.:** [caresinc.org](http://caresinc.org)

*Advocacy, Case Management and Assistive Technology*

**Disability Rights Maine:** [drme.org](http://drme.org)

*Maine's Protection and Advocacy Agency for People with Disabilities*

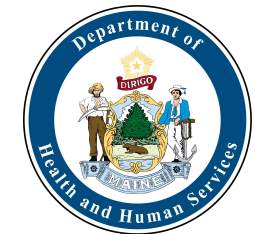
# FIND YOUR PATH TO EMPLOYMENT

There are many ways to become employed and earn money. You can decide where to start and what you need along your pathway to a job and a career.

- Discover what types of jobs interest you
- Try a job while in high school
- Take a class or volunteer to learn skills
- Enroll in adult education classes or college
- Get help from family and friends
- Access resources at a local CareerCenter
- Connect with employment services that can support you

Where do **you** want to begin on the pathway to employment?  
**Let's get started!**

## EmploymentFirstMaine



This document was developed by Maine Medical Center's Department of Vocational Services through funding provided by Maine's Department of Health and Human Services from the Balancing Incentives Program.

## Should I go to work?

- How much money do I need to live the life I want?
- What are my life goals?
- Where does work fit in my plan for myself?

## What can I do for a job?

- What am I good at?
- What education and experience do I have?
- What skills do I want to learn?
- What housework do I do at home?

## Who can help me?

- Family and friends?
- Vocational Rehabilitation and CareerCenters?
- Teachers / Professors?
- Guidance / Career Counselors?

## Where could I work?

- What employers are in my neighborhood?
- Where do the people I know work?
- Is self-employment something that could work for me?
- Where do I go in my community?

## How can I prepare for earning a paycheck?

- Do I need benefits counseling?
- Will I need direct deposit?
- Do I have a bank account?
- How do I report income to benefit agencies?

## What might I need to be successful at a job?

- Can technology help me?
- Will I need accommodations for my disability?
- Do I need on-the-job coaching?

## When do I want to work?

- Can I work full time?
- What days of the week do I want to work?
- What part-time schedule would work for me?

## How will I get to work?

- What do I need to do to develop a plan?
- What towns can I get to?

- Is driving an option?
- Is there public transportation?
- Is it safe to walk or ride a bike there?

- Can I carpool?
- How much can I afford to spend?
- How do other employees get to the business?
- What's my back up plan?



### Notes:

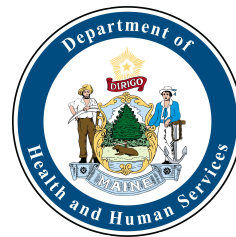
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