

What do I need to do?

Where can I find help?

Who do I need to contact?

EMPLOYMENT & CAREER SUPPORTS

Mental Health Services: maine.gov/dhhs/samhs/mentalhealth/mh-system/vocational-resources/index.shtml

Vocational Rehabilitation: maine.gov/rehab/dvr

CareerCenter: mainecareercenter.gov

Ageing & Disability Services: maine.gov/dhhs/oads/community-support/employment-volunteering/developmental-services.html

Maine Educational Opportunity Center: meoc.maine.edu

Adult Education: 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

New Ventures: newventuresmaine.org

Consumer Credit Protection: maine.gov/pfr/consumercredit/index.shtml

ADVOCACY

Disability Rights Maine: advocate@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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