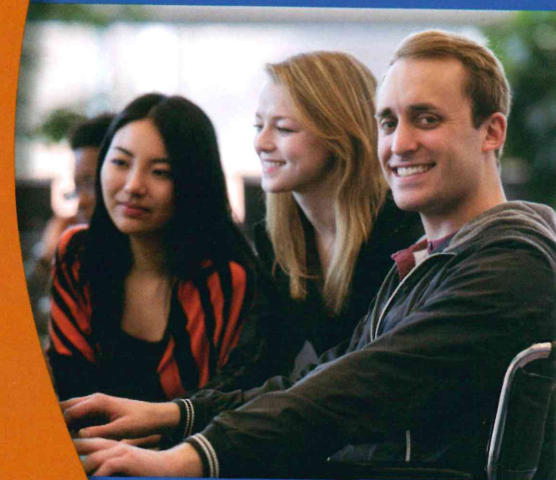



PEOPLE WITH DISABILITIES

# Employ Your Abilities



 Washington State  
Department of Social  
& Health Services

*Transforming lives*

Division of  
Vocational  
Rehabilitation

## Is DVR right for you?

### What is DVR?

DVR is a statewide resource for people with disabilities. We assist individuals with disabilities in getting and keeping a job. DVR is a state and federally-sponsored program. DVR works in partnership with the community and businesses to develop employment opportunities for people with disabilities.

### Who does DVR serve?

DVR may serve you if you:

1. Have a physical, mental, or sensory disability that makes it difficult to get a job or keep a job that matches your skills, potential, and interest; and
2. Need services and support, such as counseling, training, or assistance with a job search, in order to get or keep a job; and
3. Are capable of working as a result of receiving DVR Services.

### How can DVR help me go to work?

DVR staff will help you get the information you need to make a good decision about:

- What type of job you want
- Steps needed to reach your goal of going to work

With support from DVR, you will:

- Design and carry out a step-by-step plan to reach your employment goals

# The Rehabilitation Process

## 1 Application

- DVR will provide you with information about vocational rehabilitation services.
- You must complete an application with DVR before services can begin.
- Your application will be reviewed by a DVR counselor to determine if you are eligible for DVR services.

## 2 Eligibility

### You are eligible for DVR services if you:

- Have a physical, mental, or sensory disability that results in a substantial barrier to employment; and
- You require vocational rehabilitation services to get or keep a job; and
- You are capable of working as a result of receiving DVR Services.

Your DVR counseling team collects records to document your identity, disability, and work status. If no records about your disability exist, you may need to complete medical examinations or tests to verify or support eligibility.

## 3 Vocational Assessment

You and a DVR counselor explore types of jobs that best match your interests and strengths. You will review:

- Your strengths, abilities and interests;
- Your work history and skills;
- Information about local job market trends.

Or you may complete:

- Interest and/or aptitude tests; or
- Job try-outs.
- If you need more time to explore your career options, ask your DVR counselor to extend the timeframe to develop your plan for employment.

## 4 Plan for Employment

The DVR counselor offers ongoing counseling, guidance, and support as you get or keep a job. This may include:

- Selecting a job goal;
- Writing a plan that outlines what steps and services you need to reach your job goal; and
- Beginning to work on the activities outlined in your plan that may include:
  - Training or education
  - Conducting a job search

- Researching job-related resources and referrals
- Job search training
- Resumé and interview techniques
- Job placement assistance
- Support in keeping a job

## 5 Successfully Employed

- After you get a job, DVR will maintain contact with you for at least 90 days to make sure the job is a good match.
- After 90 days, if you are doing well on the job and no other services are needed, you and a DVR counselor decide when to close your case.

## 6 Post Employment

- If you need assistance after your case is closed as successfully employed, DVR can reopen the case and provide assistance to help you keep your job, or assist you with reapplying for DVR services.
- If a job is lost, DVR can help you find a similar job.

## Services Available from DVR

### What types of services does DVR offer?

DVR offers a variety of services to assist people with disabilities to prepare for, get, and keep jobs. The services you use depend on your individual needs and circumstances.

DVR can provide you with the information necessary to assist you in deciding which services you need to reach your job goal. Examples of services include:

**Assessment services** to measure your strengths, capabilities, work skills, and interests. These services assist you in selecting a job goal and the DVR services you need to reach that goal.

**Benefit planning services** are available if you receive disability cash or medical benefits (e.g. SSI or SSDI) so that you can make good decisions about your vocational goals.

**Counseling and guidance services** provided throughout the rehabilitation process to help you make good decisions about how to reach your goals.

**Independent living services** to help you understand and deal with disability issues that prevent you from working; these include, but are not limited to:

- Training in self-care
- Money management
- Using community transportation

**Assistive technology services** help you remove communication and/or physical barriers that may keep you

from getting and keeping the job you want. These may include such devices as hearing aids, visual aids, or special computer software. You can explore with your counselor how technology might help you reach your employment potential.

**Training services** to provide you with work skills needed to achieve your employment goal.

**Job placement** to help you carry out your job search, including:

- Assistance completing application forms
- Developing a resumé
- Practicing interview skills, and identifying job leads



## DSHS Mission: To Transform Lives

DSHS is an integrated organization of high-performing programs working in partnership for statewide impact to help transform lives.

DVR, within the Rehabilitation Administration, works to transform lives by creating pathways for self-sufficiency through meaningful partnerships, employment, new opportunities and effective rehabilitation.

### Values:

Honesty and Integrity  
Pursuit of Excellence  
Open Communication  
Diversity and Inclusion  
Commitment to Service

### Vision:

People are Healthy  
People are Safe  
People are Supported  
Tax Payer Resources are Guarded

Together we will decrease poverty, improve safety and health status and increase educational and employment success to support people and communities in reaching their potential.

Division of Vocational Rehabilitation  
Washington State Department of  
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PO Box 45340 • Olympia, WA 98504-5340  
1-800-637-5627 or (360) 725-3636  
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[www.dshs.wa.gov/ra/division-vocational-rehabilitation](http://www.dshs.wa.gov/ra/division-vocational-rehabilitation)

Providing DVR Services Since 1933



DSHS 22-827 (Rev. 5/16)

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Ready, Set, KNOW...

# Disability Employment Services & Supports

## Ages 14-21 High School Transition Plan

**High school transition planning** officially begins at age 16, but you can start as early as age 14. Be sure to include employment-related goals in the student's IEP, such as: identifying career interests and abilities; learning self-advocacy and social skills; riding the bus; improving communication; and using technology.

**Pre-employment services**, offered by the Division of Vocational Rehabilitation (DVR), provide job exploration and work readiness for competitive, integrated employment after high school for students with IEPs and 504 plans ages 16-21 (or as young as 14 if included in the IEP). Talk to your IEP team or contact DVR to learn more: [dshs.wa.gov/dvr](http://dshs.wa.gov/dvr).

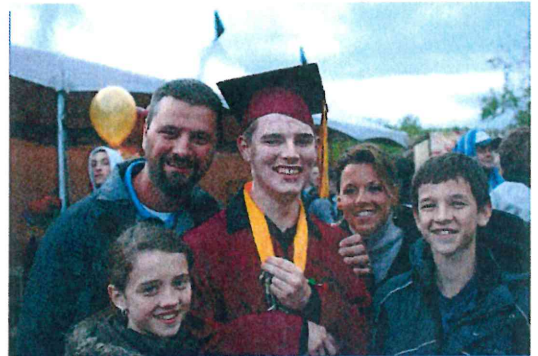
## Ages 18-21 DVR Transition Liaison

**Division of Vocational Rehabilitation (DVR) Transition Liaisons** partner with school districts to help students enrolled in High School Transition programs prepare for and find employment. Be sure to include the school's DVR Transition Liaison/Counselor as part of the student's IEP team. For more information, visit: [dshs.wa.gov/dvr](http://dshs.wa.gov/dvr) and click on the link for School Transition, or call 1-800-637-5627.

## Ages 21+ Adult Services

**DVR provides short-term employment services** to assess, train and find job placements for eligible adults with disabilities. Contact DVR for an application and a determination of eligibility. For a listing of local DVR offices, visit: [dshs.wa.gov/dvr](http://dshs.wa.gov/dvr).

**In addition to DVR, most individuals with I/DD will need DDA long term supported employment services**, which are provided to DDA eligible individuals age 21 and older who are enrolled in the Basic Plus, Core, or Community Protection waivers. Enrollment is limited to available funding. To learn more and/or request services, visit: [dshs.wa.gov/dda](http://dshs.wa.gov/dda).



### Ages 18-21: High School Transition Programs

When a student turns 18, they have the option to graduate OR walk the stage with their peers and continue on to a transition program until age 21.

Remaining in school until age 21 offers the benefit of a guided transition to adult life, a bridge to adult services, and the development of independent living skills.

Transition programs vary by location. For example, through *School to Work*, some school districts partner with county DD programs, DVR and others, with the goal of helping students to leave school with a job and make a seamless transition into adult life.

Not all counties have funding to provide this type of wraparound service (beyond what DVR offers in schools), so it's important to ask your school what kinds of activities and support its transition program offers. Some schools may even have more than one program to consider.