

## Why Get A Job?

- Earn your own money (*financial independence*)
- Take pride in what you can do
- Learn new skills
- Be an independent citizen making a difference in your community
- Make friends

## How Do Young Adults with Disabilities Get A Job?

- On their own
- With help from an adult service provider
- With help from parents, friends, neighbors

## Think About This...

- What are you passionate about?
- What skills can you offer an employer? Can you talk about and demonstrate your skills?
- Do you have a resumé?
- Can you be on time for work everyday?
- Are you able to work well with others?
- Do you know where to go for help to find a job or solve problems on the job?
- Can you file an application online or in person?
- Can you send, receive, organize emails?
- Do you have natural supports on the job (an advocate for you)?
- Are you flexible in your job search? Every job might not be perfect but every job is one step on your road to success.
- Who can help you answer these questions?

## A Guide for Career Seekers with Disabilities

# JOBS



**Some people walk right into great jobs**

**Some people work hard to get jobs.**

**Some people need help to get and keep jobs.**

Transition Work Group  
of Montgomery County  
in collaboration with  
Montgomery County Public Schools  
2022

*Please copy and share.*

## Power to Job Seekers

- Know your skills and strengths. Write a simple, one page resumé.
- Think about what kind of job you want.
- Speak up - learn to sell yourself.
- Decide when, if and how to disclose your disability:  
*tinyurl.com/DiscloseYourDisability*
- Understand your disability and know what accommodations or support you need to succeed.
- Have written proof of your disability. Ask DORS about Schedule A verification for some jobs with the federal or local government.
- Know the soft skills of success: appropriate dress, manners, punctuality, good hygiene, dependability, social skills, self-advocacy.
- Ask for help when you need it.
- Try different types of work experience - in school, part-time, volunteering, internships.
- Look for jobs in the library, on community bulletin boards, online:  
*indeed.com, simplyhired.com, www.onetonline.org, www.careeronestop.org/ResourcesFor/WorkersWithDisabilities/workers-with-disabilities.aspx*
- Don't expect to find the one perfect job that will last a lifetime. Each work experience is a stepping stone.

## Tips for Parents and Helpers

- Talk early and often about the benefits of working. Young people should be responsible for tasks at home.
- Know your young adult's strengths, interests, opinions.
- Help build a resumé that includes all paid/volunteer experiences, skills, strengths, references.
- Observe places you go regularly - what skills could your youth bring to those places?
- Network with colleagues, neighbors, friends.
- Participate in email lists.
- Find a volunteer or hire a consultant/job coach who can be an advocate when talking with current or future employers.
- It is the job seeker's responsibility to develop a relationship with the employer, NOT the parent's. The job seeker will be interviewed, NOT the parent. Practice interview conversations.

## Resources

### **Maryland Department of Education/Division of Rehabilitation Services (DORS)**

Employment/training/Schedule A  
PETS - Pre-Employment Transition Services for ages 14-22  
*dors.maryland.gov*

Wheaton: 301-949-3750 Germantown: 301-601-1500

### **Maryland Developmental Disability Administration (DDA)**

*dda.health.maryland.gov/* 301-362-5100

### **Employed Individuals with Disabilities (EID)**

*mmcp.health.maryland.gov/eid* 866-373-9651

### **Maryland Workforce Exchange**

*mwejobs.maryland.gov*

### **Montgomery County Dept of Health and Human Services**

Aging & Disability Resource Unit 240-777-3000

Behavioral Health Planning & Mgt Local Behavioral Health Authority 240-777-1400

Crisis Center 240-777-4000

Access Team for Mental Health/Substance Use Screening/Referral 240-777-1770

*www.montgomerycountymd.gov/hhs*

### **Montgomery County Volunteer Center**

*www.montgomeryserves.org/* 240-777-2600

### **WorkSource Montgomery**

*worksourcemontgomery.com* Young Adults 240-283-1500

### **Job Accommodation Network**

*askjan.org* 800-526-7234 Voice/877-781-9403 TTY

### **DBTAC Mid-Atlantic ADA Center**

*www.adainfo.org* 301-217-0124 (Voice/TTY)

### **National Collaborative for Workforce and Disability for Youth (NCWD)**

*www.youth.gov/youth-topics/disabilities*

### **National Youth Transitions Center**

*https://thenytc.org*

### **Potomac Community Resources Links**

*pcr-inc.org/community-resources/ community-links*

### **AmeriCorps**

*www.nationalservice.gov/programs/ameri-corps/join-ameri-corps* 800-942-2677

### **Job Corps**

*www.jobcorps.gov/* 800-733-5627

### **Project Search**

*seeconline.org/projectsearch* 301-318-4948 or 301-469-0223 x 137

*psrecruitment@seeconline.org*

### **PACER National Parent Center on Transition and Employment**

*www.pacer.org/transition/*