

Integrated Services and Supports

People need supports to lead good lives. Using a combination of lots of different kinds of support helps to plot a trajectory toward an inclusive, quality, community life. This tool will help families and individuals think about how to work in partnership to support their vision for employment.

Technology

- Online resume builders
- i-Pad or smart phone
- Computer
- Online classes
- Social media to connect and search for jobs
- Apps to help learn job skills or stay safe
- Vehicle or home modifications
- Calendar to keep track of schedule
- Alarm clock or app
- Electronic reminders
- Calculator
- Direct deposit and automatic bill pay

Personal Strengths & Assets

- Has chores and responsibilities at home or school
- Uses alarm to wake up and get ready for school or work
- Knows how to access and use public transportation
- Has had summer job or other work experience
- Able to communicate needs
- Uses a debit card

My Employment Goal

Job shadow family member

Relationship

Based

- Spend day with friend at their college or trade school
- Ask family friends, teachers what kind of job they think you would be good at
- Start carpool or ride co-op
- Ask neighbors, friends or family about doing odd jobs for them
- Ask same age peers about their summer or part time jobs
- Ask friends and family about jobs or education plans after high school

- Visit businesses to learn about jobs
- Visit colleges or technical schools
- Attend career day or job fair at school or in community
- Talk to school counselor about your job interests
- Go to bank and open a student or joint bank account
- Explore local transportation options
- Learn to use public transportation
- Participate in community theater, after school clubs, sports, scouts, boys/girls clubs

- Vocational Rehabilitation or Independent Living Center for job exploration or assistance
- Area Career Center for job interest and skill assessment
- IEP or Transition plan to learn skills and work experience
- IEP to develop a Circle of Friends
- Agencies or providers who offer social skills classes
- Special Olympics or Challenger sports programs
- Disability specific social groups
- DDD system personal care supports
- Job coaching

Community Based

Eligibility Specific



MISSOURI FAMILY TO FAMILY | UMKC-IHD, UCEDD