

Home and Community Based Services Final Rule

ILLUSTRATED GUIDE: Navigating Employment



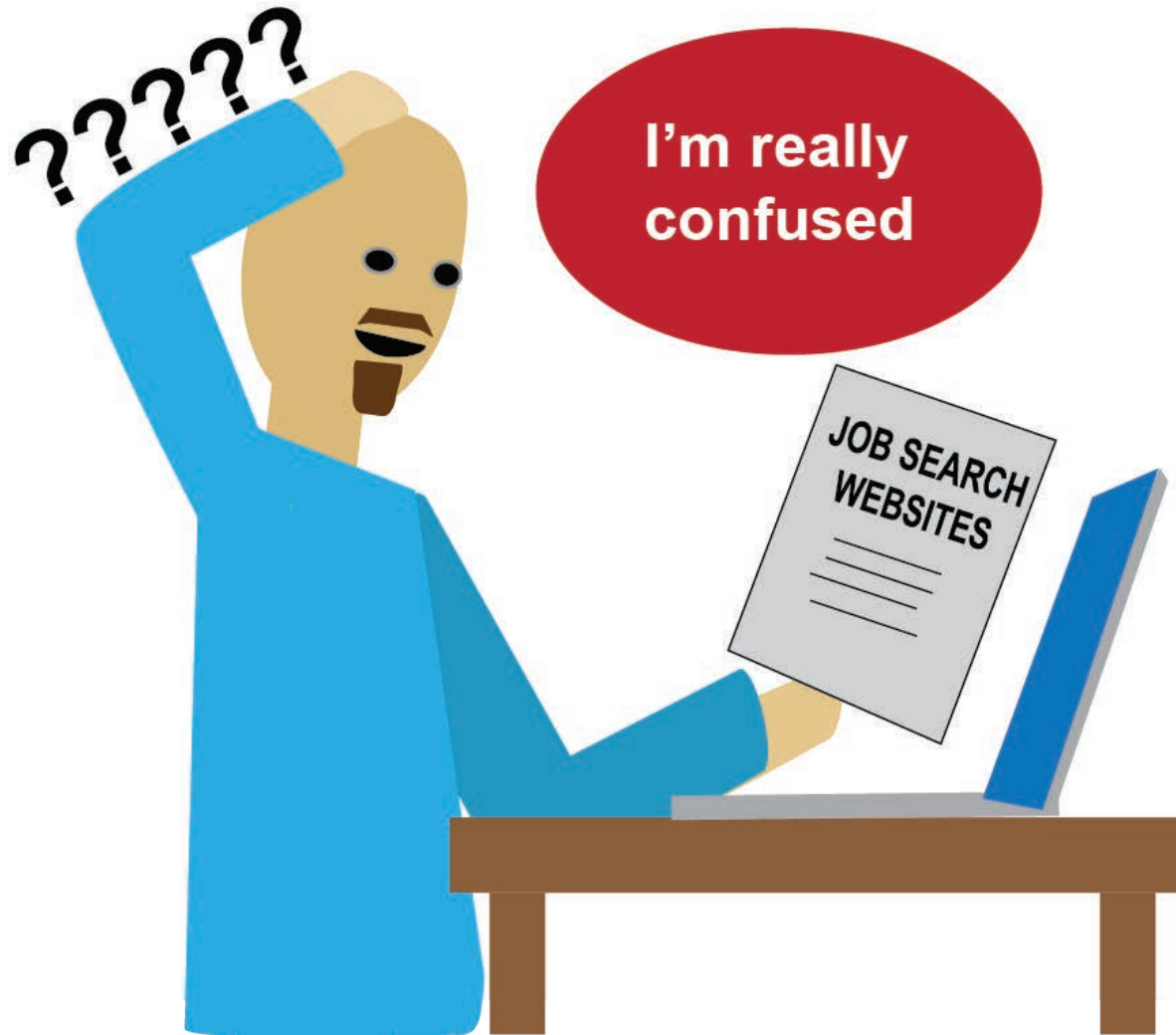
Institute on Disabilities



How Do I Find a Job That's Right for Me?



1. Getting a job is a great way to gain more independence and become more involved in your community.



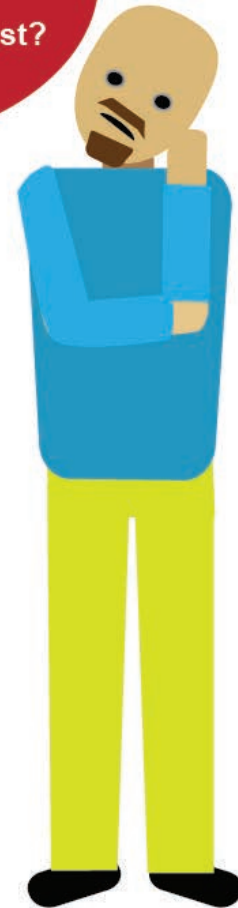
2. Finding and getting a job, however, can sometimes feel confusing, but it doesn't have to be!



3. There are many different jobs out there, and it is important to take some time to think about what you might like to do.



I really like talking to people. What about a job where I need to speak with other people? Sales Associate? Receptionist? Server?



4. Think about what skills you have to offer. For example, people who love talking to people might want to work in customer service.



5. Talk to family and friends about their jobs and see if they have any suggestions for you. Support from those around you is always helpful in guiding you through the process.

WAYS TO LOOK FOR A JOB



local newspaper



“word of mouth”
–talking to people
around you



online job
search/websites



“network”
–be around people
with the type of
job you want

6. Once you have an idea of the type of work you want to do, the next step is to look for jobs. You can look for jobs in many ways.



7. Searching online for jobs is a simple way to see what organizations or businesses are hiring near you. Most of the time, you can apply online.



8. Another option is talking to a job coach. They can suggest jobs for you and help you get these jobs.



9. A great part about working is that you get paid for your time and energy. It is very important that you be paid fairly for your job. You should always earn at least a “living wage”— enough money to support your basic needs like food, shelter, health, clothing and more.

BELOW MINIMUM WAGE



10. Some places, like sheltered workshops, hire people with disabilities below the minimum wage. Be sure to tell your job coach you are not interested in jobs that pay below the minimum. There are many other options.



11. The Home and Community Based Services (HCBS) Final Rule, considers jobs that are integrated and involved in the community most important. This means that you should work alongside people with and without disabilities.

YOU CAN GET MORE SUPPORT...

from family and friends

from job coach



12. Working, and being paid for your work, can be extremely rewarding. If you feel you need more support in finding and/or keeping a job, you can talk to your friends, family, or job coach. You can also contact the Office of Vocational Rehabilitation (OVR) at 1-800-442-6351.

The HCBS Final Rule

KEY POINTS TO REMEMBER

- The Rule is about YOU and YOUR everyday life.
- The Rule says you get a choice about where you live, and who you live with.
- The Rule says you get a choice about where you spend your day, and how you spend your time during the day.
- If you think the Rule is not being followed, speak up! Your voice matters.

For more information or help with this Rule,
you can email hcbs@temple.edu

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