



OSAC'S GUIDE TO THE WORLD OF WORK



How to get started

The Oregon Self Advocacy Coalition (OSAC) believes that all people with intellectual and developmental disabilities should have living wage jobs in their communities.


What is your dream job?



1

What do you love to do? You might ask others what you do well.
For example, if you like computers what could you do with computers?

What type of environment do you want to work in?



Do you enjoy spending time inside or outside?
Do you want to work with people or by yourself?
How do you want to get to and from work?

2

What supports can help you get there?

3

Finding a job or a new job takes time but knowing the job you want is the first step to being employed in the community!

Here are a few steps to consider when planning for your future job:

- Tell your service coordinator or personal agent you want a job
- Contact your local Vocational Rehabilitation office
- Start networking! Tell your family, friends, neighbors, teachers and others about what you want to do for work!

Related Articles

Check out the "Planning My Way to Work" Transition Guide for more information!

Link: <http://bit.ly/109v5s7>



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