



VOCATIONAL REHABILITATION TRANSITION SERVICES: A STUDENT'S GUIDE

Created in collaboration by:



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ABOUT VOCATIONAL REHABILITATION

New Jersey's state vocational rehabilitation (VR) agencies train young people and adults with disabilities to find and keep good jobs.

In New Jersey we have two state vocational rehabilitation (VR) agencies:

- The Division of Vocational Rehabilitation Services (DVRS) which *assists students and adults with disabilities*, and
- The Commission for the Blind and Visually Impaired (CBVI), which *assists students and adults who are blind or nearly blind*.



FACT:

DVRS and CBVI receive money from the federal and state government to help young people and adults with disabilities get training and education to find and keep good jobs.

There are two types of transition services that students with disabilities can get in school through DVRS and CBVI:

- **Pre-employment transition services**
- **Individual transition services**

UNDERSTANDING TRANSITION SERVICES

Transition services help you get ready for life after school. Your school and the State vocational rehabilitation agency must help you get transition services.

Transition services must be based on your interests, abilities, and needs.

If you have an **Individualized Education Program** (IEP), the school must start planning for your life after graduation, once you become 14.

Your school and other organizations must help you get the services you need in school, so you can live and work in the community as an adult.

Examples of Transition Services:

- Postsecondary education
- Training to help you get a job
- Job coaching
- Learning how to use public transportation
- Learning to be independent

WHAT IS AN INDIVIDUALIZED EDUCATION PROGRAM OR IEP?

An IEP is a plan you, your parents or guardian, and school create to support you in school.

PRE-EMPLOYMENT TRANSITION SERVICES

These are activities to help you learn work skills while you are in school. There are 5 pre-employment transition services or activities, that include job counseling, internships, learning about the workplace, and training to help you become a strong self-advocate!

You may need 1 or all 5 pre-employment transition services. You do not need to apply for DVRS or CBVI services to receive pre-employment transition services. You and your parents or guardian can contact DVRS or CBVI and ask for pre-employment transition services.

INDIVIDUAL VR TRANSITION SERVICES

DVRS and CBVI provide these extra services to students with disabilities who need more support than pre-employment transition services.

In New Jersey, your parents can apply for DVRS or CBVI services for you when you are age 14.

These extra services are supports to help you prepare for college or work after you leave school, such as:

- Summer job or internship accommodations
- On-the-job training
- Assistive technology and rehabilitation technology services
- Physical and mental restoration services
- Transportation services

Job Exploration Counseling – learn about what you want to do when you leave school.

Work-Based Learning Experiences – try paid or unpaid internships and fellowships.

Counseling on Postsecondary Opportunities – learn about college, university, and comprehensive transition programs.

Workplace Readiness Training – learn about the skills employers are looking for.

Instruction in Self-Advocacy – learn about your rights and responsibilities, and how to get the services and supports you need.



TRANSITION IS
ANOTHER WORD
FOR CHANGE.

ANSWERS TO YOUR QUESTIONS

WHAT HAPPENS AFTER MY PARENTS APPLY FOR DVRS OR CBVI SERVICES?

DVRS or CBVI will ask you, or your parents for more information to see if you are "eligible" for individual transition services. DVRS or CBVI will meet or talk with you and your parents or guardian before they decide if you are eligible for services.

WHAT DOES "ELIGIBLE FOR DVRS OR CBVI SERVICES" MEAN?

It means you have a physical or mental disability and need DVRS or CBVI services to train and find a good job.

DVRS and CBVI are allowed up to 60 days to decide if you are eligible for individual transition services.

If DVRS or CBVI say that you are not eligible for individual transition services, you, or your parent or guardian can ask Disability Rights NJ for assistance.



WHAT IS AN INDIVIDUALIZED PLAN FOR EMPLOYMENT (IPE)?

At school you have an IEP. DVRS and CBVI have a different plan. This plan is called an Individualized Plan for Employment or IPE.

If DVRS or CBVI say you are eligible for services, you and your parents will talk to DVRS or CBVI about the services you need in your IPE.

One of the most important things on the IPE is your job goal, such as teacher, doctor, or chef.

Before you leave school, you, DVRS or CBVI will need to write a new IPE, so if you have changed your mind about the job you want to do, that is okay!

SHOULD I APPLY FOR DVRS OR CBVI SERVICES BEFORE OR AFTER I LEAVE SCHOOL?

It is a good idea to apply for DVRS or CBVI services before you leave school. If you do so, there should be no gaps in services from school to your next step - college, job training or a job.

If you did not apply for DVRS or CBVI services in school, you can apply at any time.

AFTER I LEAVE SCHOOL, HOW CAN DVRS OR CBVI HELP ME?

If DVRS or CBVI decide you are eligible for services, you can ask DVRS or CBVI for any service you need to help you train to get and keep the job you want.

DVRS and CBVI services are not limited to a list of services but should include whatever you need to train and find the job that fits with your abilities and interests!

You can ask DVRS or CBVI for funding for services that include, but are not limited to:

- Financial assistance with college, vocational, and other post-secondary programs
- Medical treatment
- Transportation
- Job coaching
- Technology
- Any service you need to train for work

WHAT IS "INFORMED CHOICE"?

When you work with DVRS or CBVI you may hear about "Informed Choice." This means that you are in the "driver's seat" about decisions that affect you, after you get all the information you need to make a decision.

When working with DVRS or CBVI you should have a choice about:

- Your job goal
- The services you need
- The service providers

CAN I DECIDE WHAT JOB I WANT TO DO?

Yes! DVRS and CBVI staff can help you understand all your options but must respect your choices about what you want to do for a job.

The rules say - DVRS and CBVI services must respect your "...strengths, resources, priorities, concerns, abilities, capabilities, interests and informed choice."

WHAT IF DVRS OR CBVI SAY NO TO THE JOB OR JOB TRAINING WANT TO DO?

DVRS and CBVI must respect your choices about the job you want to do and the training you need to do that job.

If DVRS or CBVI say "no" to your choice of job goal or job training, you, or your parents or guardian may **contact Disability Rights NJ** to ask for help!

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