

## WHAT IS THE VR TRANSITION YOUTH PROGRAM?

VR helps students with disabilities train for a job, continue their education, or find a job after high school. Under this program, every youth will have the opportunity to participate in sponsored career counseling, work readiness training, and fully integrated work experiences in the community. These services are delivered while youth are still in high school and establish the foundation for a seamless transition to individualized training, education, and employment.

## SHOULD MY FAMILY BE INVOLVED?

Although the primary relationship is between you and your VR counselor, family support is important. Involving your parents or guardians in transition planning can help you achieve your goals.

## TYPES OF VR ASSISTANCE

### While in high school:

- Medical and Psychological Assessment
- Vocational Evaluation and Planning
- Career Counseling and Guidance
- Work Readiness Training
- Work Experiences

### After exiting high school:

- Workplace Accommodations
- Job Placement
- Job Coaching
- On-the-Job Training
- Supported Employment
- Assistive Technology and Devices
- Time-Limited Medical and/or Psychological Treatment

## FOR MORE INFORMATION

(850) 245-3399

(800) 451-4327

TTY users dial 711 to connect with the telecommunications relay service (TRS). Video phone users can call through the video relay service (VRS).

[www.RehabWorks.org](http://www.RehabWorks.org)



**Vocational Rehabilitation**



FLORIDA DEPARTMENT OF  
**EDUCATION**  
fldoe.org

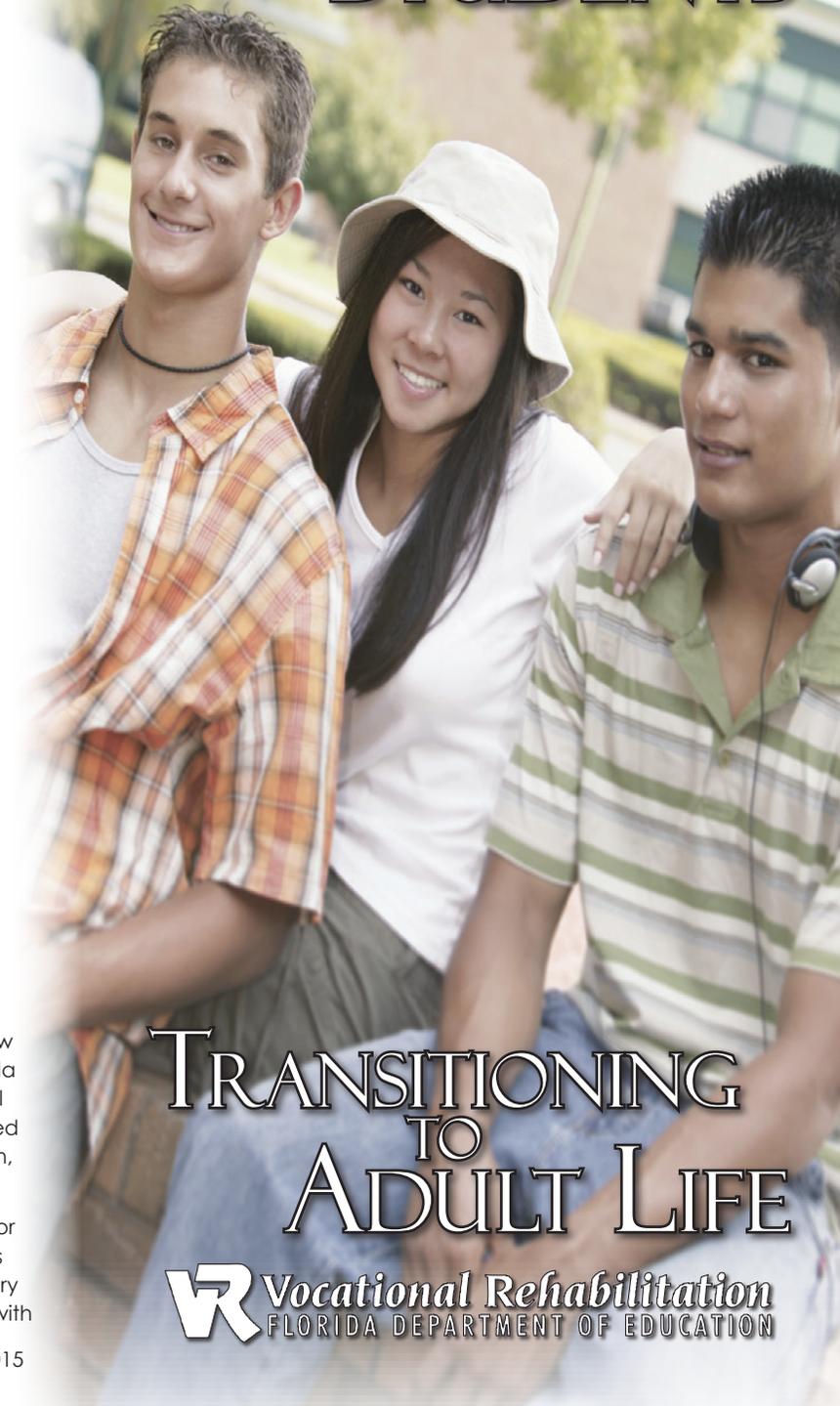


An equal opportunity employer/program. It is against the law for the Division of Vocational Rehabilitation (VR) of the Florida Department of Education, as a recipient of Federal financial assistance, to discriminate against any individual in the United States on the basis of race, color, religion, sex, national origin, age, disability, political affiliation or belief.

The application process used by VR to determine eligibility for services, any subsequent services, and the entire VR process are subject to these non-discrimination requirements. Auxiliary aids and services are available upon request to individuals with disabilities.

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# CHECKLIST FOR STUDENTS



## TRANSITIONING TO ADULT LIFE

**VR** Vocational Rehabilitation  
FLORIDA DEPARTMENT OF EDUCATION

The following is a checklist that may help you with your transition needs. This is only a basic guide. The important part is remembering to stay involved in the transition process to ensure that your needs and goals are addressed so you can prepare for life after high school.

## AGE 14-15

- \_ Learn more about your disability, including your strengths and needs.
- \_ Set goals for your future and begin developing an action plan.
- \_ Discuss your diploma options and how each may affect training and work after you graduate.
- \_ Meet with your school's VR counselor and invite him/her to attend your IEP meeting.
- \_ Participate in planning for your future by preparing for and attending your IEP meetings.
- \_ Gather transition information from your school and area agencies.
- \_ Learn more about careers, and your career interests and skills at [oneline.org/](http://oneline.org/).
- \_ Research employment and career opportunities by visiting your local Career Service Center, or visit [floridajobs.org](http://floridajobs.org).
- \_ Ask about career exploration and preparation opportunities.
- \_ Gain work experience and begin building your career portfolio.
- \_ Apply for VR services beginning at age 15!

## AGE 16-17

- \_ Continue to participate in your IEP meetings and invite VR and other agencies to attend too.
- \_ Review your career goals and action plans, and update with any changes.
- \_ Explore skills that will increase your career success at [dol.gov/odep/](http://dol.gov/odep/) and [bit.ly/1leQjog](http://bit.ly/1leQjog).
- \_ Discuss future training, education, living, transportation, and health care options and needs required for employment.
- \_ Apply for agency services, as recommended, to help you meet your post high school work needs and employment goals.
- \_ Pre-register to vote at 17. Go to [dos.myflorida.com/elections/](http://dos.myflorida.com/elections/) for more information.
- \_ Address guardianship options, if appropriate.
- \_ Apply for VR services, if you haven't already!

## AGE 18-22

- \_ Apply for a driver's license or state ID.
- \_ Consider applying for Social Security Disability Benefits (SSI and SSDI). For information, call: (800) 772-1213 (Toll Free) or (800) 325-0778 (TTY)
- \_ Consider registering to vote. If you pre-registered to vote, you will receive your registration card when you turn 18.
- \_ Identify your college education/ training work skills needed to become employed.
- \_ Know yourself and your needs and practice effective communication skills.
- \_ If you are a male, visit [sss.gov](http://sss.gov) to register for selective service.
- \_ If you still haven't applied, the time is NOW.

