

What you might want to consider!

As you get closer to graduating high school, you might want to explore a career path that is a good fit for you. Working can be exciting, rewarding, and challenging all at the same time. You will experience less challenges if you plan for the future.

Make a future plan for yourself by considering the following:

1. Gain work experiences while still in high school
2. Choose work that matches your skills and interests
3. Enroll in a college or trade school
4. Determine housing options

Students who have work experiences while still in high school are twice as likely to be working after high school.

Students might start considering now what their roles are in moving from high school to adult life; this is called the “transition process.”

Begin early!

- ❖ Talk with your parents, teachers, and counselors about what work you are interested in exploring.
- ❖ Explore several work options so you have an idea of your choices.

What is Disclosure?



Many youth with disabilities are unfamiliar with the term “disability disclosure” and their rights involved with disclosure.

Disclosure comes from the word “disclose,” which means, “to open up, to reveal, or to tell.” When you disclose your disability, you are intentionally releasing personal information about yourself for a specific purpose.

Disclosing is a personal decision and it is important to consider the reasons why you would choose to disclose information about your disability. See MPACT’s fact sheet on Disability Disclosure for more information.

- ❖ Explore what it takes to go to college or a trade school.
- ❖ Learn about your accommodation rights and how to request supports you need from an employer.
- ❖ Set goals for each year in high school and goals for after high school.
- ❖ Learn self-determination and self-advocacy skills so your needs and wants are being met.
- ❖ Participate (attend) all of your planning meetings.
- ❖ By age 18 you legally become an adult and learning to make decisions is crucial. Some youth need additional support from a parent/family member in making decisions. Others do not need as much extra support.

Other things to consider:

- ❖ Disclosing your disability is a personal decision when getting a job and/or going to college. Learn how, why, and when to disclose so you understand what is right for you.
- ❖ Resources can be a valuable tool for you. Learn which services are necessary and connect with them early.
- ❖ Learn what Supplemental Security Income (SSI) is and how it might benefit you.

Helpful Resources

- My Next Move – a website to help you explore jobs and careers:
<http://www.mynextmove.org>
- Career One Stop – a website to help you explore jobs and careers:
<https://www.careeronestop.org/>
- 411 disability guide – a website to help you learn about disclosure: **<http://www.ncwd-youth.info/411-on-disability-disclosure>**
- Job Accommodation Network (JAN) – a website to help you learn about asking for accommodations: **<https://askjan.org>**
- Social Security Administration (SSA) – a website to help you explore disability-related benefits: **www.ssa.gov**
- Missouri Parent Training & Information Center (MPACT):
www.missouriparentsact.org

How to get in touch with us:

MPACT

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www.missouriparentsact.org