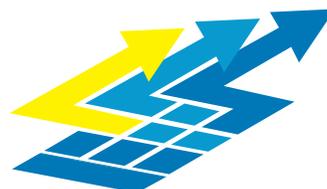


In the Meantime... for Students and Families

There are many things you can do before your first meeting about employment with your DDS Case Manager and/or Transition Coordinator. Review the checklist below and begin gathering information to prepare.

- Review information on employment on the DDS website.** This will help you understand the kinds of employment services and supports that are available.
www.ct.gov/dds/cwp/view.asp?a=2042&q=390170
- Review the information on Secondary Transition on the DDS website.** This will help you understand transition planning and the role of DDS Transition Coordinators
www.ct.gov/dds/cwp/view.asp?a=2042&q=391130
- Call the DDS HELP LINE.** You can get information and answers ahead of time to some of your questions along with related phone numbers.
North Region: 1-877-437-4577
South Region: 1-877-437-4567
West Region: 1-877-491-2720.
- Get your school records including your special education records.** Person centered planning, vocational profiles, interest inventories, and relevant transition assessment will be helpful in discussing your employment goals and vision. Include your IEP and employment objectives. Include your Summary of Performance, if applicable.
- List your work experience, volunteer or paid job history.** It is important to share all the experiences you have had and any information on what you did, what you liked, and what you did not like. Bring a resume and any letters of recommendation that you might have.
- Use the manual **Building a Bridge** available at the CT State Department of Education website. Use the checklists and information to begin to plan early and explore your options. Check out the other resources and directories also available at this site.
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322676.
- Attend Transition Fairs** and Expos in your area. This is a chance to meet people and agencies that provide employment services. Ask your school for more information



- ❑ **Talk to a DDS Self-Advocate Coordinator** to find out more about services to help you get a job.
Self Advocate Coordinators: www.ct.gov/dds/cwp/view.asp?a=2050&q=332652
- ❑ **Check out the Consumer Corner on the DDS website.** Here you will find helpful information including the DDS Employment Idol Videos showing DDS consumers in real jobs for real pay.
www.ct.gov/consumercorner/cwp/view
- ❑ **Network. Start a list of personal and community contacts for jobs.** Most of us obtain jobs through people we know in our community and our personal lives. Tell people you know that you are interested in working. Think of relatives, friends and where they work as well as places you often visit. Be prepared to discuss ideas you may have about jobs to see if they can help.
- ❑ **Take a course on “soft skills” to build your interpersonal skills needed on the job.**
*Go to www.partnersinpolicymaking.com
or try the new Epic 2 curriculum: www.connect-ability.com*
- ❑ **Check the Youth section on the Connect-Ability website.** There is information on why work and what you may want to do.
www.connect-ability.com/index.php?option=com_content&view=category&layout=blog&id=8&Itemid=9&lang=en
- ❑ **Join organizations that promote employment.** Students for APSE is one such organization that offers free membership to transition-age students to learn about working in your community in a real job.
www.apse.org