Moving Forward Conference

Learning How to Be Employed

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Advocate Panel - Alicia Lucoski, Laurel Deans, Val Sedillo, Lindsay Sloan, Crystal Garcia
Welcome and Introductions
AGENDA

- Welcome and introductions
- Why work is important
- Successes and barriers
- Types of Employment
- Finding the right job
- Process of getting a job - who can help
- Volunteering
- Short-term and long-term goals
Chris Lenart

- Cerebral Palsy: Can people with a disability actually work? - YouTube
Why is work important for everyone?

► Why is work important to you?
► What does it mean to you to have a job or career?
Why Is Work Important?

- Well Working Whether paid or unpaid, is good for our health and wellbeing. It also contributes to our happiness, and also helps us to build confidence and self-esteem.

- Because it helps with independence. Money isn't the only reason to work. Working can also give you more independence and more control over your life. When you work you are learning new things, and getting more skills, and making friends with people you meet through your job.

Erin Lynn Hobbs, NM Advocate
EXAMPLES OF ADVOCATE’S JOBS

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Themes

- Everyone can work
- Every person is unique
- Every path to employment will be different
- Many tools and ways of doing it
- No one-size-fits-all approach
Barriers and successes in finding employment: NM Panelists share their experiences
Types of supported employment

**Integrated competitive employment:**
1. applies for a job in the community
2. receives same benefits, wages, etc. as everybody else

**Customized employment:**
1. individualized services and supports for job seekers with complex needs
2. negotiation with the employer for job duties and work expectations
3. job creation with an existing business
Types of supported employment

Entrepreneurial model/self employed:

1. flexible scheduling
2. matches the specific skills of the job seeker with the job duties
3. reduces concerns about transportation, fatigue, inaccessible worksites
4. people manage their own income
How can you find the right job?

- Knowing what you want to do
- Trying different jobs
- Talking to people
- Get connected with the Division of Vocational Rehabilitation (DVR)
- Networking - calling your friends, people you know
- Do your research - online/internet, newspapers, flyers, want ads, websites
- Follow up with your interview
- Listen to what you want, not what other people want
Process to get a job

- What steps have you taken/ can you take?
- Have you talked with your case manager, family or friends about your interest in working?
- Are you connected with the Division of Vocational Rehabilitation?
- Does your Person-Centered Plan include a goal to work?
- What type of job are you interested in?
- What type of skills do you have?
- Who do you or your family or a friend know who can help you get a job?
Quotes:

- “Exploration is key to helping job seekers with true informed choice.”

- “When it comes to career development, there are no failures.”
Jobs You Would Like to Try

Work In Progress
Skills and Job Match Activity

Skills I have now

What jobs match my skills?

What other skills do I need?
Getting a Job

- How did you find your jobs?
- NM Panelists share their experiences
Volunteering

- Pros
- Cons
Short-term and long-term goals for employment

- What are some examples of short-term goals?
- What are some examples of long-term goals?
Summary

- Anyone can work if they have the right supports
- Anything is possible
- Feel the fear and do it anyway
- Nothing can stop you from what you want to go for
- Don’t be afraid to ask for help
- Take care of ourselves so we can do a good job - physically, mentally, emotionally
- Need to be able to get along with everyone
- Don’t let your disability get in the way!!!
Questions?
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