

2-15-2006

# Vocational Rehabilitation General Information

Maine Department of Labor

Maine Division of Vocational Rehabilitation

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## Recommended Citation

Maine Department of Labor and Maine Division of Vocational Rehabilitation, "Vocational Rehabilitation General Information" (2006). *Rehabilitation Services/Disability Services Documents*. 40.  
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**What Is Vocational Rehabilitation?**

The Division of Vocational Rehabilitation, also known as “VR,” is a Department of Labor program that helps people who have disabilities to get and keep a job. VR helps people who have physical, mental, or emotional disabilities.

**Who Is Eligible For VR Services?**

To be eligible for VR, you must apply for services. To be eligible you must:

- 1. have a disability that keeps you from getting or keeping a job; and
- 2. need VR services to find or keep a job.

If you are receiving Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) based on disability and you have an interest in working, you are eligible for VR services.

Eligibility must be determined in 60 days, but it is usually done in a much shorter period of time.

**How Do I Apply?**

To apply for VR, you need to call one of our offices. A VR counselor will contact you for an initial appointment. The counselor will explain the program and learn more about you and your goals.

To apply for services, the numbers to call are on the back of this brochure. Please call the number of the town nearest to where you live.

**What About My Employment Goals?**

Your VR counselor will work with you to help make informed choices about jobs and careers.

Good planning includes:

- skills and abilities you have;
- the types of jobs you want to consider;
- where you are willing to work and live; and
- what transportation is available.

The more flexible you can be, the more likely you are to find a job. You and your VR counselor need to work together to develop a plan that will lead to a job.

**What Services Does VR Provide?**

Every person’s rehabilitation plan is different because every person’s vocational needs are different. VR will consider any service you need to achieve the agreed upon vocational goal.

VR will help you explore different career opportunities by finding out your interests and aptitudes. As you identify careers, VR can provide information about the skills and training you need.

VR has labor market information to help you see what type of work is available. If you need training, VR can locate or develop specific training programs with special accommodations for you.

VR may buy tools, uniforms or basic equipment needed to start a job. VR may buy a lot of job-related things you may need to find or keep a job. VR can also help with re-training or education needed to get a new job. Sometimes VR can assist with payment for some medical/psychological services.

Some people use a Job Developer in looking for work; others may get a Job Coach who gives close supervision and support on the job until the person learns all the job skills.

Generally services end 90 days after a person gets a job.

**How Much Will This Cost?**

It does not cost you anything to apply for services. There is no charge for diagnostic services, vocational evaluation, counseling, or job placement assistance. If you are eligible for services, your counselor will ask you about your income and expenses. Depending upon your income, you may be asked to contribute to the cost of VR services. VR cannot pay for any services you received before you applied to VR, or any services not agreed upon with your VRC and written in the IEP.

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## Client Assistance Program (CAP) A Program Of C.A.R.E.S., Inc.

CAP is an advocacy program that provides information and help to individuals who are applying for or receiving VR services. CAP exists to answer your questions. CAP can explain the VR process. If you have a problem or concern, CAP can help.

For more information about CAP call:

(207) 622-7055 TTY or Maine Relay  
1-800-773-7055 TTY or Maine Relay

C.A.R.E.S., Inc.  
47 Water St., Suite #104  
Hallowell, Maine 04347

*The Maine Department of Labor is an equal opportunity employer and program. Auxiliary aids and services and reasonable accommodations are available to individuals with disabilities upon request.*

**Augusta** - 04333-0073  
2 Anthony Avenue  
624-5120 or  
1-800-760-1573  
TTY 1-800-633-0770  
FAX 624-5117

**Bangor** - 04401  
45 Oak Street, Suite 1  
561-4000 or  
1-888-545-8811 or  
TTY 1-800-498-6711  
FAX 561-4027

**Houlton** - 04730  
91 Military Street  
Suite 3  
532-5300 or  
1-800-691-0033  
TTY 1-888-697-2897  
FAX 532-5309

**Lewiston** - 04240  
5 Mollison Way  
753-9000 or  
1-800-741-2991  
TTY 1-877-796-9833  
FAX 753-9051

**Machias** - 04654  
15 Prescott Dr.  
Suite 2  
255-1926 or  
1-800-770-7774  
TTY 1-800-381-9932  
FAX 255-3091

**Portland** - 04101  
185 Lancaster Street  
822-0400 or  
1-800-315-1192  
TTY 1-888-871-7113  
FAX 879-7553

**Presque Isle** - 04769  
66 Spruce Street, Suite 3  
760-6300 or  
1-800-635-0357  
TTY 1-888-697-2877  
FAX 760-6316

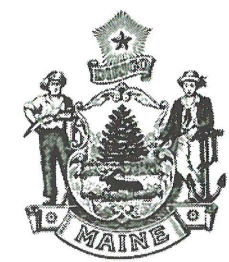
**Rockland** - 04841-9914  
Suite 202, 91 Camden St.  
596-2600 or  
1-877-421-7916  
TTY 1-888-212-629  
FAX 594-1858

**Saco** - 04072  
110 Main St., Suite 1106  
286-2600 or  
1-800-521-5871  
TTY 1-800-492-0670  
FAX 286-2608

**Skowhegan** - 04976  
98 North Avenue  
Suite 16  
474-4958 or  
1-800-760-1572  
TTY 1-888-697-2912  
FAX 474-4914

**Central Office**  
150 Station House Station  
Augusta, 04333-0150  
624-5950 or  
1-800-698-4440  
TTY 1-800-749-5356  
FAX 624-5980

# VR



## Vocational Rehabilitation

## General Information

**State of Maine  
Department of Labor  
Division of  
Vocational Rehabilitation**

Revised 02/15/06

APR 27 2006