

2-15-2006

# Vocational Rehabilitation Student & Family

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 Student & Family" (2006).  
*Rehabilitation Services/Disability Services Documents*. 63.  
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## What About Education After High School?

For students who have the academic skills and abilities, we encourage the pursuit of higher education when it is required to achieve the planned employment goal. The VR counselor works with the student and schools to ensure that the specific supports needed to succeed are in place. Financial aid is available through most colleges and students are required to apply for financial aid. If you are considering higher education, ask your counselor for more information on students and Vocational Rehabilitation.

**Every student's rehabilitation plan is different since every student has different needs. VR will consider providing any service that is required to achieve the agreed upon vocational goal.**

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

CAP is a federally-funded advocacy program that provides information and assistance to individuals who are applying for or receiving VR services. CAP exists to answer your questions, clarify the VR process and, if necessary, represent you to help resolve a problem or concern.

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  
TTY 1-800-498-6711  
FAX 561-4027

**Houlton** - 04730  
91 Military Street  
Suite 3  
532-5300  
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 (Voice) or  
1-877-421-7916  
TTY 1-888-212-6229  
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 State House Station  
Augusta, 04333-0150  
624-5950  
1-800-698-4440  
TTY 1-888-755-0023  
FAX 624-5980

Revised 02/15/06

L12/9.5:  
Vo 872

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# VR



## Vocational Rehabilitation

## Student & Family

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

MAY 04 2006



## What Is Vocational Rehabilitation?

The Division of Vocational Rehabilitation, also known as "VR," assists interested individuals who have disabilities to get and keep a job. VR can assist students with disabilities in coordinating information and resources as they transition from high school to adult life.

This is a time-limited program. Generally speaking, once an individual is employed for at least 90 days in a job agreed upon by the individual and the VR counselor, services are ended.

## At What Age Should A Student Apply For Services?

We encourage schools and others such as medical specialists, counselors, other state agencies, parents and students themselves to make referrals during their sophomore or beginning of their junior year of high school. A referral of a student while in high school allows time for students and their VR counselors to start working towards the students' employment goals.

## Who Is Eligible For VR Services?

To be eligible for VR, a student must first apply for services. The basic standards an applicant must meet to become eligible include: 1) having a documented disability that creates a barrier to getting or keeping a job, and 2) VR services are required for the individual to find or keep a job. High school and medical records can usually provide the documentation. If further evaluation is needed to document a disability, VR may require related evaluations in order to determine eligibility.

If a student receives Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) based on disability and has an interest in working, the student is eligible for VR services.

## How Do Students Apply?

To apply for services, please call the number on the back of this brochure or ask your teacher for assistance.

## How Do Students Reach Their Employment Goals?

The key to work success is good planning and, the Vocational Rehabilitation counselor works with the student and others to assist the student through the process of making informed choices about future jobs and careers.

Good planning includes: consideration of the skills and abilities a person has, the types of jobs an individual wants to consider, where the student is willing to work and live, and what transportation is available. The more flexible the individual can be, the more likely he or she is to become employed. The student and the VR counselor need to work together to develop a plan that will lead to a job.

## What Services Does VR Provide?

VR assists in exploring different career opportunities by using the interest and aptitude evaluations, which most high schools provide.

As careers are identified as possible goals, VR can provide information about the skills, abilities, and training needed to qualify for employment in a specific career field.

VR, as a Division within the Department of Labor, has access to labor market information, which can help a person see what type of work is available in their geographic area. If further training is required, VR can assist in locating or developing specific training programs with special accommodations as required to achieve an employment goal.

The plan can include assistance in the purchase of tools, uniforms or basic equipment needed to start work at a particular job. Assistive technology, vehicle modifications and medical devices such as hearing aids may also be considered. Under certain circumstances, VR can assist with payment for some medical/psychological services.

Some students receive the assistance of a Job Developer in the process of seeking work; others may receive Job Coaching services where a coach provides close supervision and support on the job until the individual learns the required skills.