

10 Things High School Students with Disabilities Need to Know About Vocational Rehabilitation



Do you know...

- What kind of job you want after you finish high school?
- How to get that job?
- What you need to know before you can get that job?
- Where you can get the training or education you need?
- How long will this take?

OVR is...the Office of Vocational Rehabilitation. If you are an eligible student with a disability, OVR can help you to:

- Plan for your career,
- Find a job that matches your abilities, interests and needs,
- Work with your employer or college to make sure you receive reasonable accommodations when you need them, and
- Much more!

**The Kentucky Office of Vocational Rehabilitation
Department for Workforce Investment
Education and Workforce Development Cabinet**
www.ovr.ky.gov



1 Why should I be thinking about this while I am still in school?

The beginning of high school is when you should start planning what you will do after you finish high school. You will have time to learn about and try different career choices. Decisions you make at the beginning of high school affect how well prepared you will be when you leave school.

2 How can an OVR Counselor help me?

A VR counselor can:

- Give you information about careers and job opportunities to help you decide on a job goal.
- Suggest ways to find out about your abilities, interests and needs for help.
- Help you choose a work goal that fits your choices, needs and abilities.
- Help you find the training to prepare for your goal, whether it is college, trade school or on-the-job.
- Help you find a job and follow up to make sure it is the right job for you.
- Tell you who to talk to when you have questions about transportation, financial aid, work benefits, and other concerns.

3 Who is eligible for these services?

You may be eligible for vocational rehabilitation services if you receive special education services or other help because you have a disability. A disability may be a medical condition such as diabetes or epilepsy, an orthopedic or other physical condition, or a mental, emotional or learning disability. The vocational rehabilitation counselor will work with you to find out if you are eligible and what types of services you need to prepare for work. If you are eligible, you and your vocational rehabilitation counselor will plan a program to help you prepare to go to work.

4 Are VR services only for students who are in special education?

No. OVR Counselors also work with high school students with disabilities who are not in special education. If you have a disability, but are not in special education, ask your school guidance counselor about OVR.

5 But I don't want people to know I have a disability!
Information about you, including the fact that OVR is helping you, is kept confidential. Information is only shared when you give permission to your vocational rehabilitation counselor.

6 Where would I have to go for the training I need to get a job?
Job training may be available on college campuses, at business and trade schools, at community rehabilitation programs, or on the job.

7 It's my life. Who will make the decisions about my VR program – me, my parents, my counselor or the school?
You will make the final decisions that fit your own career interests, abilities, choices, and goals. The best situation is one in which everyone works together to plan the vocational rehabilitation program that will enable you to reach your career goal.

8 How do I get vocational rehabilitation services?
Your school will help you apply. The Admissions and Release Committee (ARC), your teacher, the transition coordinator, school nurse, or guidance counselor can help you contact the OVR counselor. An appointment can be arranged at your school. If someone from your school does not talk with you about OVR by your senior year, you or your parents can call and make an appointment with a OVR counselor at the nearest OVR office.

9 When should I get vocational rehabilitation services?
We encourage you to apply during your last two years in high school. If you are eligible for services you will then meet periodically with your OVR counselor to discuss progress toward your employment goal.

10 Can I find information about career opportunities and jobs on my own?
Your school librarian can help. Ask to see the Occupational Outlook Handbook and the Dictionary of Occupational Titles.

Your school guidance counselor has many resources to help you make a career choice. Start looking now at these materials for ideas on exciting career and job opportunities. Ask for opportunities to visit jobs or to participate in work experience programs run by your school.

Take the First Step...

To find the OVR office near you, call: 1-800-372-7172 or go to the website at <http://www.ovr.ky.gov>

OVR District Offices			
Central Office 275 E. Main Street, Mail Drop 2-EK Frankfort, KY 40621 502-564-4440 or 800-372-7172			
Ashland 411 19 th Street Ashland, KY 41101	606-920-2238	Louisville 600 West Cedar Street Suite 2 East Louisville, KY 40202	502-595-4173 800-456-3334
Bluegrass 301 E. Main Street Suite 1050 Lexington, KY 40507	859-246-2537 888-211-7276	Madisonville 1071 Thornberry Drive Madisonville, KY 42431	270-824-7549 888-640-2713
Bowling Green 955 Fairview Avenue Suite 100 Bowling Green, KY 42101	270-746-7489 800-443-6055	Middletown 200 Juneau Drive Suite 200 Middletown, KY 40243	502-254-3195 866-304-1958
Danville 3998 S. Danville Bypass Suite 103 Danville, KY 40422	859-239-7885 800-795-8481	Owensboro 121 East Second Street Suite 7 Owensboro, KY 42303	270-687-7308 888-640-2811
Elizabethtown 409 N. Miles Street Elizabethtown, KY 42701	270-766-5121 866-883-0001	Paducah 2929 Lone Oak Road Paducah, KY 42003	270-575-7304
Florence 8020 Veterans Memorial Drive Suite 100 Florence, KY 41042	859-371-9450 877-371-9451	West Liberty P.O. Box 84 563 B Main Street West Liberty, KY 41472	606-743-7978 800-440-2530
Ft. Wright 1881 Dixie Highway Ft. Wright, KY 41011	859-292-6513 866-380-3450	Whitesburg 415 Highway 2034 Suite C Whitesburg, KY 41858	606-633-2568
Lexington 301 East Main Street Lexington, KY 40507	859-246-2185 877-246-2185		

Carl D. Perkins Vocational Training Center
5659 Main Street, Thelma, KY 41260
606-788-7080 800-443-2187

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