

Ten Things Students  
with Disabilities Need  
To Know About

# **VOCATIONAL REHABILITATION**



**>**  
**Kentucky  
Career Center**  
Vocational Rehabilitation

[KCC.KY.GOV/VOCATIONAL-REHABILITATION](http://KCC.KY.GOV/VOCATIONAL-REHABILITATION)

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## Do you know? ...

- What job you want after high school?
- How to pursue that job?
- What you need to learn before starting the job?
- Where to get the necessary training or education?
- How long the training will take?

## What is OVR and how can they help me? ...

OVR is the Office of Vocational Rehabilitation, also called VR or Voc. Rehab. If you are an eligible student with a disability, OVR can help you to:

- Planning your career path,
- Finding a job that suits your abilities, interests, strengths, and needs,
- Ensuring you receive reasonable accommodations from your employer or college when needed, **and much more!**



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## FREQUENTLY ASKED QUESTIONS

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### **1. Why should I consider OVR while in high school?**

When you start high school, it's important to plan for life after graduation. OVR can help answer important questions like what job you want, how to live independently, and how to manage finances. They provide personalized services to guide you in making these decisions.

### **2. How can a Vocational Rehabilitation (VR) Counselor assist me?**

#### **A VR counselor can:**

- Give you information about careers and job opportunities in your local area.
- Help you discover your abilities, interests, strengths, and needs.
- Help you choose a vocational goal (or what job you want) that fits your choices, abilities, and needs.
- Help you prepare for and achieve your vocational goal, which may include training: whether it is college, vocational training, or on-the-job training.
- Help you find the 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. If I qualify for Special Education, can I also get services from OVR?**

If you receive Special Education services or have a 504 Plan, you may be eligible for Vocational Rehabilitation services. If you have a documented disability, it can be considered during the VR eligibility process. A disability can include various medical conditions like diabetes, ADHD, asthma, heart conditions, epilepsy, as well as physical, mental, emotional, and learning disabilities. Your VR eligibility will be determined by a counselor, who will also assess the services you need to prepare for work. VR counselors work with students who have disabilities, even if they don't have an IEP or 504 Plan. To learn more, consult your school guidance counselor.

### **4. What are Pre-Employment Transition Services?**

Pre-Employment Transition Services (Pre-ETS) are the earliest set of services for students with disabilities to explore careers and gain experience in work related activities. Pre-ETS are for all students with a disability who can benefit from them, even if they have no intention of applying to VR services. There are many providers across the state that can come into your school to provide these services, which include,

- Job exploration counseling
- Work based learning experiences
- Post-secondary opportunities
- Work readiness training
- Self-advocacy instruction

## **5. Will my disability be kept confidential?**

OVR maintains strict confidentiality of your personal information. Information about your disability and OVR assistance will only be shared if you provide written permission to your VR counselor. You make the decision of who knows and who doesn't know this information.

## **6. Where can I receive job training?**

Job training can be provided at college campuses, trade schools, community rehabilitation programs, or directly on the job.

## **7. Who makes decisions about my Vocational Rehabilitation services?**

You are the primary decision-maker when it comes to your Vocational Rehabilitation services. The best scenario involves everyone working together, including you, your parents, your VR counselor, and school personnel, to plan a program that aligns with your career interests, abilities, and goals.

## **8. How can I access Vocational Rehabilitation services from OVR?**

Your school can assist you in applying for VR services. Contact the OVR counselor through the Admissions and Release Committee (ARC), your teacher, transition coordinator, school nurse, or guidance counselor. If no one approaches you about OVR by your junior year, you or your parents can directly call and schedule an appointment with an OVR counselor at the nearest OVR office.

A VR Application appointment can be arranged to be at your school, VR office, or somewhere in your community that you can have a private and confidential meeting.

## **9. When should I start Vocational Rehabilitation from OVR?**

We encourage you to apply during your junior year or year prior to exiting high school. If you are eligible for services, you will then meet periodically with your OVR counselor to discuss progress toward your employment goal and needed services.

## **10. Can I find career information on my own?**

Your school librarian can help you access resources like the Occupational Outlook Handbook and the Dictionary of Occupational Titles. Additionally, your guidance counselor has valuable resources to assist you in making career choices.

Begin exploring these materials for exciting career and job opportunities. Ask about job visits or work experience programs offered by your school.

### **Take the First Step...**

To find the OVR office near you,  
call:

**1-800-372-7172**

You can visit our website at:  
[kcc.ky.gov/Vocational-Rehabilitation/](http://kcc.ky.gov/Vocational-Rehabilitation/)

# District Offices

## Central Office

Mayo-Underwood Building  
500 Mero Street 4th Floor NE  
Frankfort, KY 40601

**Local:** 502-564-4440 | **Toll Free:** 800-372-7172 (V/TTY)

### Ashland

411 19<sup>th</sup> Street  
Ashland, KY 41101

**Local:** 606-920-2338

### Bluegrass

141 Leestown Ctr. Way  
Lexington, KY 40511

**Local:** 859-246-2537

**Toll Free:** 888-211-7276

### Bowling Green

955 Fairview Ave.  
Bowling Green, KY 42101

**Local:** 270-746-7489

**Toll Free:** 800-443-6055

### Covington

1324 Madison Ave  
Covington, KY 41011

**Local:** 859-292-6513

**Toll Free:** 866-380-3450

### Danville

121 W. Broadway  
Danville, KY 40422

**Local:** 859-239-7885

**Toll Free:** 800-795-8481

### Elizabethtown

233 Ring Road, Suite 100  
Elizabethtown, KY 42701

**Local:** 270-766-5121

**Toll Free:** 866-883-0001

### Florence

1324 Madison Ave  
Covington, KY 41011

**Local:** 859-371-9450

**Toll Free:** 877-371-9451

### Lexington

333 Waller Ave, Suite 180  
Lexington, KY 40504

**Local:** 859-246-2185

**Toll Free:** 877-246-2185

### Louisville/Cedar

600 West Cedar 1st Floor  
Louisville, KY 40202

**Local:** 502-595-4173

**Toll Free:** 800-456-3334

### Louisville/East Jefferson

8412 Westport Rd.  
Louisville, KY 40242

**Local:** 502-426-0145

**Toll Free:** 866-304-1958

### Owensboro

3108 Fairview Drive  
Owensboro, Kentucky 42303

**Local:** 270-687-7308

**Toll Free:** 888-640-2811

### Paducah

416 South 6th Street  
Paducah, KY 42003

**Local:** 270-575-7304

### Somerset

410 E. Mt. Vernon St.  
Suite 100  
Somerset, KY 42501

**Local:** 606-777-4116

**Toll Free:** 877-640-7073

### West Liberty

PO Box 84  
563 B Main Street  
West Liberty, KY 41472

**Local:** 606-743-7978 or  
606-743-7551

**Toll Free:** 800-440-2530

### Whitesburg

417 Hwy 2034, Suite VR  
Whitesburg, KY 41858

**Local:** 606-633-2568

## Carl D. Perkins Vocational Training Center

5659 Main Street  
Thelma, KY 41260

**Local:** 606-788-7080

**Toll Free:** 800-443-2187

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