

Self-Advocacy Tips for Vocational Rehabilitation

1 Be involved in every step.

You will play an important role in your employment plan and will have some responsibilities. Address any problems that come up.



2 You must have a written employment plan to receive services. It is important you understand what is in your plan.



3 Focus on your needs.

Understand your disability and your needs based on your disability. Your counselor should tell you about how they can help you achieve your job goal.



4 Organize your transition files.

If it didn't happen in writing it didn't happen! Follow up on conversations with written communication. Ask for copies of everything.



5 Help is available.

If you need help to receive rehabilitation or independent living services, you can call the Client Assistance Program (CAP) operated by Disability Rights Michigan (DRM).



Employment Transition Services for Students with Disabilities

Students with IEPs are entitled to transition services that will help them plan and prepare for life after school.

The school should offer assessments and services to aid in this process. This includes *post-secondary education, work, and other community activities.*

The school must include transition goals and services in the student's Individualized Education Program (IEP).

In Michigan, there are two state vocational rehabilitation (VR) agencies:

- **Michigan Rehabilitation Services (MRS)**
- **Bureau of Services for Blind Persons (BSBP)**

State VR programs provide employment services for students, youth, and adults with disabilities – empowering them to engage in competitive, integrated employment and achieve economic self-sufficiency.

You have the right to see most of your file. Information that may be harmful to you can be withheld.

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You can receive Pre-ETS services / transition / VR Services as appropriate for you. It is not “either / or”.

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You can apply for services as many times as you want. You can receive MRS or BSBP services as many times as you need.

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You have the right to appeal in writing if you disagree with your counselor’s decision. Your appeal may be resolved with a supervisor’s review, mediation and /or hearing.

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Agencies are required to work together to provide appropriate transition services to students who are eligible for their services.

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Types of Pre-ETS

Pre-Employment Transition Services

Pre-Employment Transition Services (Pre-ETS) are available to students with disabilities who are age 14-26. These services are provided in a variety of developmentally appropriate approaches, with the ultimate goal leading to competitive, integrated employment outcomes.

- **Job Exploration** – Students learn about different jobs and what skills they will need to be successful in their areas of interest.
- **Work-Based Learning Experience** – Students participate in work activities to gain experience in a work setting.
- **Counseling on Postsecondary Education** – Students learn about options for college and other training after high school.
- **Workplace Readiness Training** – Students gain soft skills to be ready for employment.
- **Self-Advocacy Training, including Peer Mentoring** - Learn about and gain skills to advocate for yourself and request accommodations that you need to be successful.


Michigan Alliance for Families
information, support, and education

www.michiganallianceforfamilies.org

800-552-4821


Disability Rights
Michigan

www.drmmich.org

800-288-5923