

If you're meeting with [vocational rehabilitation services](#) for the first time, you might feel a little nervous or unsure about what to expect. That's totally normal! This tip sheet is here to help you feel more prepared and confident.

## 1. PREPARE DOCUMENTATION

Bring any relevant medical records, educational transcripts, and documentation of disabilities or limitations to your meeting. This will help the vocational rehabilitation counselor understand your situation better and provide appropriate support.

**Have you gathered all relevant medical records, educational transcripts, and documentation of disabilities or limitations?**

Yes

No

**Note:** This helps the counselor understand your situation better and provide appropriate support.

## 2. CLARIFY YOUR GOALS

Think about your career goals and what you hope to achieve through vocational rehabilitation services. Be prepared to discuss your interests, skills, and the type of work you are interested in pursuing.

**What are your career goals?**

**What do you hope to achieve through vocational rehabilitation services?**

**Note:** Be ready to discuss your interests, skills, and the type of work you're interested in.

## 3. ASK QUESTIONS

Don't hesitate to ask questions about the services offered, eligibility criteria, and the process involved. Understanding how vocational rehabilitation works can help you make informed decisions about your future.

**What are your questions about the services?**

**What are your questions about the eligibility criteria?**

**What are your questions about the vocational rehabilitation process?**

**Note:** Understanding vocational rehabilitation helps you make informed decisions.

## 4. DISCUSS ACCOMMODATIONS

If you require accommodations in the workplace due to a disability, discuss these with the counselor. They can help you understand your rights under the Americans with Disabilities Act (ADA) and advocate for reasonable accommodations.

**What accommodations might you need in the workplace due to a disability?**

**Note:** The counselor can help you understand your rights under the ADA and advocate for reasonable accommodations.

## 5. EXPLORE TRAINING OPPORTUNITIES

Vocational rehabilitation services often offer training programs to help individuals gain new skills or enhance existing ones. Inquire about available training opportunities that align with your career goals.

**Are you interested in any specific training programs that align with your career goals?**

**Note:** Vocational rehabilitation often offers training to gain new skills or enhance existing ones.

## 6. LEARN ABOUT JOB PLACEMENT ASSISTANCE

Ask about job placement assistance services offered by vocational rehabilitation. These services can help you find suitable employment opportunities and provide support throughout the job search process.

**Are you aware of the job placement assistance services offered?**

**Note:** These services can help find employment opportunities and support you throughout the job search process.

## 7. UNDERSTAND FINANCIAL AID OPTIONS

Inquire about financial aid options available for vocational training or education programs. Vocational rehabilitation services may provide financial assistance or connect you with other funding sources.

**Have you inquired about financial aid options for vocational training or education programs?**

Yes

No

**Note:** Vocational rehabilitation may provide financial assistance or connect you with funding sources.

## 8. STAY ENGAGED

Stay engaged throughout the process by attending meetings, following up on action items, and actively participating in your vocational rehabilitation plan. Your commitment can greatly impact the success of the services provided.

**Are you committed to attending meetings, following up on action items, and actively participating in your plan?**

Yes       No

**Note:** Your engagement can greatly impact the success of the services provided.

## 9. SEEK ADDITIONAL SUPPORT

Don't hesitate to seek additional support from family members, friends, or advocates during your interactions with vocational rehabilitation services. Having a support system can help alleviate any concerns or uncertainties you may have.

**Who can you reach out to for additional support?**

FAMILY	FRIENDS	ORGANIZATIONS
		<a href="#">PAVE</a>

**Note:** A support system can help alleviate concerns or uncertainties.

## 10. REVIEW YOUR PLAN REGULARLY

Review your vocational rehabilitation plan regularly with your counselor to track progress, make adjustments as needed, and ensure that you are on the right path towards achieving your career goals.

**Are you reviewing your vocational rehabilitation plan regularly with your counselor?**

Yes       No

**Note:** Regular reviews help track progress, make adjustments as needed, and ensure you're on the right path towards your career goals.

**When is your next appointment with your vocational rehabilitation counselor?**

**Date**

**Note:** If you haven't already, call your counselor to schedule an appointment to review your plan.

Remember, vocational rehabilitation services are designed to support you in achieving your employment and career objectives despite any challenges you may face. By actively participating in the process and advocating for your needs, you can maximize the benefits of these services and work towards a fulfilling and successful career.