**I am a Job Seeker**

**What Can I Do?**

# **Actions I Can Take**

* Think about your employment goals. Decide on short-term and long-term goals. You can change your goals at any time. You can ask for help from family, friends, teachers, and professionals to learn about options.
* If you are in high school, ask your teachers about Pre-Employment Transition Services (Pre-ETS).
* If you get services from VR (also called Voc Rehab, RSA, or Vocational Rehabilitation), talk to your VR counselor. If you don’t have VR services, consider applying.
* If you get services from DDD, talk to your case manager about your employment goal. Ask to add the goal to your plan with DDD.
* Learn about benefits (like SSI and AHCCCS) and working. You can get info from Arizona Disability Benefits 101 (az.db101.com).
* Advocate for yourself. Learn about your rights. Ask for information so that you can make informed choices about work and the supports you need.

# **Resources I Can Contact**

Arizona@Work

* [arizonaatwork.com/](https://arizonaatwork.com/)

Arizona Disability Benefits 101

* [az.db101.org/](https://az.db101.org/)

Arizona Statewide Independent Living Council

* [azsilc.org/](https://azsilc.org/)

Arizona Technology Access Program

* [aztap.org/](https://aztap.org/)

Division of Developmental Disabilities

* 1-844-770-9500
* [des.az.gov/services/disabilities/developmental-disabilities](https://des.az.gov/services/disabilities/developmental-disabilities)

Vocational Rehabilitation (RSA)

* 1-800-563-1221
* [des.az.gov/vr](https://des.az.gov/vr)

## **Created by:**

Arizona Employment First

Visit <https://www.azemploymentfirst.org/> for more information