



NH Governor's Commission on Disability

## **CLIENT ASSISTANCE PROGRAM UPDATE 4.11.18**

### **THINKING ABOUT EMPLOYMENT? TRY THESE 3 STEPS.**

#### **(FOR INDIVIDUALS WITH DISABILITIES)**

**Concord, NH—** “Getting started is as easy as 1-2-3,” according to Lorrie Ripley of the Client Assistance Program (CAP). “If you have a disability, are unemployed, and are thinking about employment, plan to do three things: collect your resources, do some self-inventory and lastly, do some practice.”

#### **Get started by collecting resources**

Consult with referral services such as Service link or 211 to collect employment related resources such as job boards, employment supportive agencies, and disability specific service providers such as Brain Injury Association of NH. Often, disability specific agencies will have services available at no charge to individuals. Many community colleges have ‘work ready’ programs which are also free and prepare you for the workforce with soft skill development that might give you the edge. Routinely ask the question: Are there any other programs or services I might be eligible for that you haven't mentioned yet? Also, explore your options with Vocational Rehabilitation (VR). VR services are designed to assist people with disabilities in securing employment and financial independence.

#### **Spend some time doing a self-inventory**

Spend some time performing a self-inventory by writing down your interests and abilities. Think about the bigger picture in addition to specific jobs you imagine you would enjoy. What kind of atmosphere and culture would you want to work within? What are your ideal coworkers like? How far do you want to travel? Do you enjoy meeting people all day long or are you more of a solitude seeker? Employment is a complex combination of many factors and the more you explore what you like and dislike, the more prepared you will be when the right fit presents itself to you.

#### **Time to practice, practice, practice**

“After steps one and two, then it's time to practice what you might say during an interview or even role-play with friends to better prepare for unexpected questions,” suggested Ripley. “Let your self-confidence increase your chances of landing that job.”

To learn more about the CAP program, or to discuss your employment concerns, have a conversation with Lorrie at 603.271.2773 at [lorrie.ripley@gcd.nh.gov](mailto:lorrie.ripley@gcd.nh.gov) .

We are here to assist.

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