

Congratulations! You are beginning to plan for your journey after high school. This is an exciting and important time for you and your family. You will explore future jobs, learn independence and how to advocate for yourself. Your family will also learn how to support and consider your choices and how your transition to adulthood will change their role in your life. Choosing your future work involves research, planning and understanding your unique interests and needs. Use this brochure as a roadmap for you as you lead your family's journey ahead.

THESE ARE PROFESSIONALS WHO CAN HELP YOU:

D/HH Teacher/Transition Teacher/IEP Case Manager
You should have a designated teacher or case manager (such as Individualized Education Program or IEP case manager) to help plan your future career.

Contact Name:
Email/Phone:

Work/Study Counselor or High School Counselor
Your school may have staff to help you explore career interests, find work experience and training programs.

Contact Name:
Email/Phone:

High School Counselor
Your high school counselor can offer support and advice about careers you might like.

Contact Name:
Email/Phone:

Vocational Rehabilitation Counselor
Vocational Rehabilitation Counselors from the State of MN can help or hire an employment counselor to help with career exploration, job training, and coaching.
• mn.gov/deed/job-seekers/disabilities/

Contact Name:
Email/Phone:

Job Coach/Agency:
Contact Name:
Email/Phone:

Career Force
Staff in 50 Minnesota locations can help individuals 14 to 24 gain work experience or finish education.
• www.careerforcecmn.com

Contact Name:
Email/Phone:

Audiologist
Both your school and clinical audiologist can provide documentation of your hearing level and its impact and help with hearing/assistive technology.

Contact Name:
Email/Phone:

D/HH Adult Role Model/Mentors
You may have adult role models/mentors who are D/HH who can share their work experience.
MN Hands & Voices D/HH Guide Program:
• mnhandsandvoices.org/about-us/deaf-and-hard-hearing-guide-program

Contact Name:
Email/Phone:

County Social Worker
County social workers help people of all ages and abilities find resources to live successfully in the community by helping them access resources, financial support and other services.

Contact Name:
Email/Phone:

Social Security Administration/Social Security Income (SSI)
You can look into possible financial support while in a training program.
• ssa.gov/

Contact Name:
Email/Phone:

Adult Education & Centers for Independent Living
You may benefit from Adult Education and Independent Living center services which provide programs and instruction for adults needing life, academic and work literacy skills. You may also benefit from services from a Center for Independent Living which is a community-based, cross-disability, non-profit organization designed and operated by people with disabilities.

- mnabe.org
- macil.org
- thinkself.org

Contact Name:
Email/Phone:

Medical providers
Your doctors (primary care, mental health, medical specialists etc.) can provide documents as proof of any other disabilities and help discuss how you will manage your own health care while living independently.

Contact Name:
Email/Phone:

PCA/Interveners - Community Living Support
You may have/qualify for 1 on 1 help from a Personal Care Attendant (PCA) or DeafBlind Intervener who can support you and your family with your independent living needs as an adult.

- Contact:**
- mn.gov/dhs/people-we-serve/people-with-disabilities/services/home-community/programs-and-services/pca/

Contact Name:
Email/Phone:

ADDITIONAL RESOURCES:

Minnesota Transition Guide for Teachers of Deaf/Hard of Hearing:
• dhh-resources.umn.edu/transition-guide

Guide to Adult Services:
• cehd.umn.edu/dhh-resources/Transition-Guide/Adult-Services.html

MN Hands & Voices (Support for Parents/Families):
• mnhandsandvoices.org/resources-information/astra-educational-advocacy

PACER's National Center on Transition and Employment
• pacer.org/students/transition-to-life/



ADA Advisory OR **No English?**
CALL: 651-431-5960

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MINNESOTA TRANSITION TO WORK ROADMAP FOR STUDENTS WHO ARE DEAF OR HARD OF HEARING

This roadmap is a guide for students and families as they make a plan for working after high school or a transition program.

YOUR ADVENTURE AWAITS

A companion guide is available for students who are DeafBlind.

TRANSITION TO WORK ROADMAP FOR STUDENTS WHO ARE DEAF OR HARD OF HEARING



4-5 YEARS BEFORE LEAVING SCHOOL

- Be involved in individualized education program (IEP) meetings with parents, teachers and special education personnel.
- Identify personal learning styles and the necessary accommodations to be a successful learner.
- Identify career interests and skills, complete interest /career inventories, and identify additional education or training requirements.
- Explore options after high school, including work, training programs, and colleges.
- Be able to explain your disability and the accommodations you need.
- Investigate assistive technology tools.
- Begin volunteer or paid work experience: babysitting, pet care, lawn work.
- Maintain good grades, study habits and organizational skills.

2-3 YEARS BEFORE LEAVING SCHOOL

- Be active in IEP transition meetings and invite adult service providers, peers, and others.
- Find out more about Vocational Rehabilitation Services.
- Determine financial needs and explore Supplemental Security Income, state financial supplemental programs, Medicare, and financial aid.
- Match career interests and skills with appropriate course work.
- Create a resume and make decisions about how much to share about your hearing loss.
- Practice interviewing for a job.
- Do a variety of community-based paid/volunteer work and internships, job shadow.
- Build/update resume.
- If needed, explore a transition program following high school to aid in work readiness.

1 YEAR BEFORE LEAVING SCHOOL

- Lead your IEP meeting, state your future plans, ask for needed support, be the lead decision-maker.
- Connect with support programs and services, such as Supplemental Security Income, Independent Living Services, county case management, counseling, etc.
- Continue to work closely with Vocational Rehabilitation Services.
- Identify preferred work options and set up informational interviews and job shadowing.
- Continue to practice interview skills.
- Begin to utilize academic accommodations that are more in line with what will be used in your future workplace.
- Specify desired job and obtain paid employment with supports as needed.
- If needed, explore a transition program following high school to aid in college readiness.

CONSIDERATIONS FOR STUDENTS WHO ARE DEAF OR HARD OF HEARING WHO BENEFIT FROM ADDITIONAL GUIDANCE

- Assess your strengths and future goals with help from your parents and IEP team.
- Explore a transition program following high school to gain additional skills (academic, independent living and work/volunteer experience) to prepare for employment.
- Investigate/consider guardianship, power of attorney, conservatorship, etc., as needed.
- Consider readiness for independent living and what possible supports may be needed.

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