



Division of Vocational Rehabilitation Information and Referral Resources

While You Are Waiting...

Vocational Rehabilitation (VR) helps people with disabilities get or keep a job. Below is a list of resources and activities to help you address the barriers that are keeping you from becoming employed and prepare you for employment while you are waiting for your case to be activated from the waiting list. Not all resources will apply to you; however, we encourage you to use the ones that do.

Note:

When you come off the waiting list, your vocational goal and the services required must be mutually agreed upon by you and your VR counselor. Using these resources may help you become employed as quickly as possible upon activation of your case.

To Help You Explore a Career Direction	Link and/or Phone Number
Contact the Career Development Center or Counseling Center at local colleges or universities & attend career exploration workshops.	www.floridashines.org/find-a-career
Complete the Work Importance Profiler and Interest Profiler at O*NET.	www.onetcenter.org/WIP.html www.onetcenter.org/IP.html
Use online resources to learn about specific careers through O*NET, the Occupational Outlook Handbook, or AARP's Life Reimagined.	online.onetcenter.org www.bls.gov/ooH lifereimagined.aarp.org/
Visit or tour a business that does the kind of work you are interested in exploring.	
Interview someone who has a job in your area of interest. Talk with friends, family, and acquaintances about their jobs and ask them if they will mentor you.	
Other:	
To Build Basic Skills	Link and/or Phone Number
Use a typing tutor to build keyboarding skills.	www.sense-lang.org/typing/tutor/keyboarding.php powertyping.com www.goodtyping.com www.typing.com ;
Attend adult education classes often available through local libraries; take free online courses.	www.Alison.com www.qcflearnfree.org
Take the TABE (Test of Adult Basic Education) to measure your math and reading skills.	Available free at your local CareerSource Florida Center or at your local technical college for a small fee.
Visit online websites to practice math and reading/language skills.	www.math.com litlink.ket.org
If English is not your primary language and you need to improve your English skills, locate local English for Speakers of Other Languages (ESOL) classes; check your local technical college.	
Other:	
To Maximize Your Readiness to Work	Link and/or Phone Number
Locate your birth certificate and social security card, and if applicable, work permit (or a document showing you are allowed to work)	
Get a state ID if you do not have a driver's license; be sure your address is current	www.flhsmv.gov/locations
Get your financial situation in order, as best you can. Get your free credit score online and information about help in paying your bills, if you need it.	www.myfloridacfo.com/yymm/ www.creditkarma.com ; www.needhelppayingbills.com/
Find daycare resources, if needed; check with Department of Children and Families or Head Start.	www.myflfamilies.com floridaheadstart.org



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Make sure you have a reliable way to be contacted; if you do not have one, establish an email account through Google mail.	mail.google.com/mail
Check to see if you qualify for a free cell phone and service through Safelink or Assurance.	www.safelinkwireless.com 1-800-SafeLink (1-800-723-3546) www.assurancewireless.com 1-888-321-5880
Search online for transportation options; If you will be using the bus, do you know the bus routes? If not, you'll want to become familiar with them. What resources are available in your area?	www.google.com www.yahoo.com
Consider volunteer work or a temporary job to build work skills and a work history through AARP and Volunteers of America.	www.volunteermatch.org www.aarp.org/ voafhiring.com
Attend job-related workshops.	
Get a pocket calendar or an online calendar such as Google calendar or a mobile app like Wunderlist and use it for all appointments.	www.google.com/calendar www.wunderlist.com
Make sure you are on time for appointments. Use resources such as Google Maps or MapQuest to estimate time and distance to your appointment. Plan for traffic delays.	www.maps.google.com classic.mapquest.com/
Connect with local and national disability groups and organizations oriented toward your disability for support, identification of resources, and to learn self-advocacy skills. Groups such as United Cerebral Palsy (UCP), United Cerebral Palsy of Florida, National Alliance on Mental Illness (NAMI), NAMI Florida, etc.	www.ucp.org 1-800-872-5827 ucp.org/tag/florida/ www.nami.org 1-800-950-6264 www.namiflorida.org (no toll-free #) rehabworks.org/resources.shtml
If you have a visual impairment, review the services and resources available through the Florida Division of Blind Services (DBS) and the Florida Association for Agencies Serving the Blind (FAASB).	dbs.myflorida.com 1-800-342-1828 www.faasb.org
If you are deaf, deaf-blind, or hard of hearing, investigate the resources available through the Florida Association of the Deaf (FAD), the Florida Coordinating Council for Deaf and Hard of Hearing (FCCDHH), and the Florida Deaf Service Center Association (FLDSCA).	www.fadcentral.org www.fccdhh.org www.fldsca.org
If you have a developmental disability, review the services at the Agency for Persons with Disabilities (APD).	apd.myflorida.com/ 1-866-273-2273
If you are a veteran, apply for Veteran's Administration (VA) Vocational Rehabilitation and Employment services.	www.benefits.va.gov/vocrehab 1-800-827-1000
Other:	
To Help You Get a Job	Link and/or Phone Number
Register with the Employ Florida Marketplace through the Florida AbilitiesWork web portal and check online regularly for employment opportunities, workshops, and events at your local CareerSource Center.	abilitieswork.employflorida.com/vosnet/Default.aspx# www.employflorida.com 1-866-352-2345
Prepare a resume and current references.	www.myperfectresume.com www.resume-help.org www.resumegenius.com
Prepare answers to common interview questions. Do you have gaps in your employment history or a criminal record? How will you discuss them with a potential employer?	www.themuse.com/advice/how-to-answer-the-31-most-common-interview-questions www.abletrust.org/business-leader-information/employer-resources/business-benefits



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If you have background issues such as bad or no credit or arrests/convictions, research the Federal Bonding Program through CareerSource Florida.	www.bonds4jobs.com/
Review job postings in your local newspaper and online; register and post an updated resume to your profile, if applicable.	www.Monster.com ; 1-800-666-7837 www.careerbuilder.com www.indeed.com peoplefirst.myflorida.com ; 1-877-562-7287 TTY: 1-866-221-0268
Review national job listings.	www.usajobs.gov
Attend job fairs.	www.nationalcareerfairs.com www.careerexpo.com
US Department of Labor Office of Disability Employment Policy (ODEP) has information and resources to help college students and recent graduates with disabilities get a summer or full-time job.	www.dol.gov/odep/wrp/ www.dol.gov/odep/wrp/Videos.htm
Keep a record of all the places you apply for work and the position you applied for. Follow up a week after submitting an application or having an interview.	
If needed, identify a local foreign language translation service to aid in completing job applications, etc.	
Other:	
If You Think You Might Need to Go to School to Prepare for a Career	Link and/or Phone Number
Get copies of your most recent high school transcript, Individualized Education Program (IEP), if applicable, and your diploma.	
Check with vocational schools, colleges, and universities in your area to see what they offer and pick up brochures at their information center.	www.fldoe.org/ www.floridashines.org/go-to-college/explore-colleges-universities
Find out the entrance requirements for programs in which you are interested.	
Take placement or entrance exams, as required.	
Meet with disability resources coordinator to learn which programs and items are covered by the Pell Grant and scholarships.	
Meet with Financial Aid officer at local college; identify resources.	
Apply for financial aid and scholarships.	www.scholarships.com www.studentscholarships.org fafsa.ed.gov www.careerinfonet.org www.studentaid.ed.gov
Attend adult education classes for GED, skill building, or prerequisites.	www.fldoe.org/academics/career-adult-edu/hse/ ; 1-877-352-4331 www.qcflernfree.org
Apply for apprenticeship programs through the Florida Department of Education.	www.fldoe.org/academics/career-adult-edu/apprenticeship-programs/openings-in-apprenticeship.stml
Check out accredited online classes and certificate programs.	www.floridashines.org/succeed-in-college/learn-online
If you have a defaulted student loan, take steps to remove the default; research loan forgiveness programs.	studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation 1-800-433-3243
Foreign students planning to attend college should take the Test of English as a Foreign Language (TOEFL).	
Other:	



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If You Are Considering Self-Employment	Link and/or Phone Number
Find out what's involved with starting a small business.	www.sba.gov ; 1-800-827-5722 ASL Video: 1-855-440-4960
Attend small business classes/workshops offered by Community Action Programs, County Cooperative Extensions, SCORE, or Alison.	floridasbdc.org www.score.org ; 1-800-634-0245 www.Alison.com
Determine the resources you can contribute: financial, labor, goods and services, etc.	
Explore possible funding sources for small businesses.	
Do a preliminary feasibility study for your business idea.	
Find an expert business mentor at SCORE.	www.score.org ; 1-800-634-0245 Email: score@score53.org
Talk with local business owners.	
Other:	
Miscellaneous Suggestions	Link and/or Phone Number
Locate general services and resources, including crisis assistance, by contacting 2-1-1.	211florida.org www.211.org/ From your phone, dial 211
APD Cares connects you to the community.	resourcedirectory.apd.myflorida.com/resourcedirectory/
Meet with benefits specialist to learn how work will affect your State and Federal benefits.	
For Social Security beneficiaries: Explore Ticket to Work. Explore Plan to Achieve Self-Support (PASS). Call the helpline for customers without a clear employment goal, 1-866-968-7842. Locate a Disability Program Navigator.	www.ssa.gov/work 1-800-772-1213, TTY 1-800-325-0778 www.socialsecurity.gov/disabilityresearch/wi/pass.htm www.floridajobs.org/office-directory/division-of-workforce-services/workforce-programs/disability-program-navigator-initiative/disability-program-navigator-directory
If you think you may require assistive technology in order to become employed, investigate resources through the Florida Alliance for Assistive Services and Technology (FAAST)	www.faastrg.org/ 1-888-788-9216 TDD: 1-877-506-2723
Visit the Job Accommodation Network.	askjan.org 1-800-526-7234; TTY: 1-877-781-9403
For general employment resources, visit the US Equal Employment Opportunity Commission (EEOC) and the US DOL Office of Disability Employment Policy (ODEP) websites.	www.eeoc.gov/ www.dol.gov/odep/
Disability Rights Florida, a statewide designated protection and advocacy system for individuals with disabilities.	www.disabilityrightsflorida.org
Other:	