

A stylized illustration of a sunset with a large orange sun on the right, rays of light extending across the top, and a road winding through a landscape of rolling hills and mountains in shades of grey and blue.

Moving On...

Life After High School

Key Questions

Education, Employment & Training

Home & Community

Health

Agency Contact Information

Checklist for Success

My Local Contacts

This is an exciting time in your life. You are completing your high school education and moving on to life after high school. As you plan with your teachers and family for what lies ahead, there are many things for you to think about:

- ***Where do you want to work?***
- ***Where can you get training?***
- ***Where do you want to live?***
- ***What do you want to do for fun?***
- ***How can you keep in touch with your friends?***

There are many organizations, services, and people that may help you reach your goals. This brochure looks at the questions you may have about your future. It introduces you to agencies you may wish to contact for support on your road to success.

What questions should I ask agencies?

- ***What services does the agency offer?***
- ***What is my role in planning for services?***
- ***What services can you provide me in my community?***
- ***What are the eligibility requirements for services?***
- ***How long can I receive services?***
- ***What documents should I bring to apply?***
- ***Will you meet with me and my family in our home or must I come to your office?***
- ***May I have my advocate attend meetings with me?***
- ***What do I do if I do not like or agree with your services?***

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What if I want more education or training? What if I need help finding a job?

Vocational Rehabilitation Services (VRS) is a state agency that works with individuals with disabilities to achieve their employment goals. Goals are based on your interests, strengths and priorities. VRS may be able to help with services such as:

- **Training for a job, including vocational school, college/university, and on-the-job;**
- **Job placement assistance and follow-up support, including supported employment;**
- **Vocational counseling and guidance;**
- **Medical treatment to correct or modify a physical or mental impairment; and/or**
- **Rehabilitation technology such as assistive devices and services.**

Contact VRS during your final two years of high school! You can refer yourself to VRS by calling, writing, or visiting your local office. Your teacher, guidance counselor, or family members may help you contact VRS. You can also invite a VRS Counselor to your school IEP case conferences.

Eligibility Requirements for VRS: A person may be eligible if he or she has a physical or mental impairment that substantially interferes with the ability to work and vocational rehabilitation services are required for this person to become employable.

You must fill out a VRS application to find out if you are eligible for services.

www.IN.gov/tssa/servicedisabl/vr

How do I find a job? What skills do employers want? How do I write a resume?

WorkOne and One-stop Centers are operated throughout Indiana to assist you in finding employment. The local Workforce Investment Board oversees the operation of the centers. They provide **free** career services and employment information to all Indiana residents. Each local center has an Information Resource Area filled with materials for exploring careers, learning job seeking skills, identifying training and education options, and researching local employers. Some communities may have an Express Center which offers only some of the services available at the regional WorkOne or One-Stop Center.

Services available at your local WorkOne or One-Stop Center will include:

- **Career counseling on education, training, jobs, and local employers.**
- **Information on colleges/universities, financial aid, and scholarships.**
- **FREE workshops on resume writing, job search methods, and interviewing skills.**
- **Referrals to job openings that match your interests and skills.**

If you would like to talk with a career counselor, call the office and set up an appointment. Visit the DWD website to enter your personal information, interests, skills, and education to apply for jobs online at:

www.IN.gov/dwd

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Where am I going to live? How can I get my own place?

The Bureau of Developmental Disabilities Services (BDDS) coordinates person centered community support and residential services for individuals with developmental disabilities to reach independence, self-sufficiency, and active community participation.

- **You can contact BDDS yourself to make a referral or someone else can help you do it.**
- **Help may be available to support your continuing to live with your family or living in a community option that best meets your needs.**
- **If you need ongoing help keeping your job, BDDS may be able to assist you.**

Persons with Autism or Developmental Disabilities can access the application process for Medicaid Waivers through BDDS.

Eligibility Criteria for BDDS—The term “developmental disability” means a severe, chronic disability of a person that:

- is attributable to a mental or physical impairment or a combination of a mental and physical impairment (other than a sole diagnosis of mental illness);
- is manifested before the age of 22 and is expected to continue indefinitely;
- reflects the person’s need for a combination and sequence of special, interdisciplinary, or generic care, treatment, or other services that are of lifelong or extended duration and are individually planned and coordinated; and
- results in substantial limitations in at least three (3) of the following: self-care, receptive and expressive language, learning, mobility, self-direction, capacity for independent living, or economic self-sufficiency.

Questions about services available through BDDS? Call 1-800-545-7763 or visit their website at www.IN.gov/fssa/servicedisabl/ddguide

What if I need more help to work and live on my own?

The Bureau of Aging & In-Home Services (BAIHS) provides a broad range of in-home and community based services to older adults and persons of all ages with disabilities. Keeping people independent and in their own homes is the goal of these programs/services.

Area Agencies on Aging (AAA) administer many of these programs at the local level for BAIHS. Contact your local AAA to inquire about the application process and possible assistance to live in a place of your own.

Services you may wish to inquire about include:

- **Adult Protective Services**
- **CHOICE**
- **Money Management Program**
- **Adult Guardianship**
- **Room and Board Assistance**
- **Medicaid Waiver**

Questions about the Medicaid Waiver program? Call 1-800-545-7763, ext. 2-7020.

How do I apply for services? Contact your local Area Agency on Aging office located throughout Indiana, or call toll free 1-800-986-3505 for information, or visit them at their website:

www.IN.gov/fssa/elderly/aaa

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Health Benefits and Insurance

What are my options?

You've been covered under your parent's health insurance or maybe you've been eligible for Medicaid while you were in school. What happens when you leave school? There are a number of options:

- You may go to work and be covered under your employer's health insurance.
- You may continue to be covered under your parent's health insurance.
- You may receive help from the local free clinics or the Township Trustee to cover your medical expenses.
- You may continue to be eligible for Medicaid.
- If you've never received Medicaid, you may wish to apply and see if you are eligible. For more information about Medicaid you can contact your local county Division of Family and Children Office at www.IN.gov/fssa/children/dfc/directory or call 1-800-457-4584 to locate your local office.
- You may qualify for a state health insurance program called Hoosier Healthwise. For more information about Hoosier Healthwise call their hotline at 1-800-889-9949.
- Some medical expenses may be covered through programs of the Bureau of Aging and In-Home Services.
- Some counseling and mental health services may be covered by the Hoosier Assurance Plan. For more information contact them at 1-800-813-6511 or www.IN.gov/fssa/shape, or check with your local Community Mental Health Center.

Community Mental Health Centers—What are they about?

Your local Community Mental Health Center provides a variety of services to help support a healthy lifestyle. From information by telephone to intensive counseling services, your local Center is available to support you in designing a positive and full life. They can also help you and your family as you adjust to the many changes happening as you move on to life after high school. Some Centers also have employment programs to help you gain experience and find a job. Contact your local provider to see what might be available in your community. Community Mental Health Centers are partially funded by the Division of Mental Health and Addiction.

The Division of Mental Health and Addiction (DMHA) is a division of the Indiana Family and Social Services Administration (FSSA). The Division's mission is to ensure that Indiana citizens have access to appropriate mental health and addiction services that promote individual self-sufficiency.

Some of their goals include:

- **Inform the public about addiction and mental health services.**
- **Provide addiction and mental health services to uninsured and underinsured Hoosiers.**
- **Set standards of quality care for the provision of addictions and mental health services.**

Call 1-800-901-1133 or visit your local Community Mental Health Center to see how they might help you make this important move in your life!!

Health

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Vocational Rehabilitation Services
402 W. Washington Street, Rm. W 453
P.O. Box 7083
Indianapolis, IN 46207
317-232-1319/1-800-545-7763
www.IN.gov/fssa/servicedisabl/vr

Division of Mental Health and Addiction
402 West Washington Street, W 353
Indianapolis, IN 46204
317-232-7800/1-800-901-1133
www.IN.gov/fssa/servicemental/dmh

Indiana Department of Workforce Development/WorkOne
10 North Senate
Indianapolis, IN 46204
1-888-WorkOne
www.IN.gov/dwd

Bureau of Developmental Disabilities Services
402 W. Washington Street,
P.O. Box 7083
Indianapolis, IN 46207
317-232-7842/1-800-545-7763
www.IN.gov/fssa/servicedisabl/ddguide

Bureau of Aging and In-Home Services
P.O. Box 7083, MS-21
Indianapolis, IN 46207
www.IN.gov/fssa/elderly/aging

Indiana Department of Education
Division of Special Education
151 West Ohio Street
Room 229, State House
Indianapolis, IN 46204-2798
317-232-0864/1-877-851-4106
www.indstate.edu/soe/iseas/dse.html

Medicaid Information
Contact your local county Division of
Family and Children Office
www.IN.gov/fssa/children/dfc/directory
or
Call 1-800-457-4584 to locate your local office

Hoosier Healthwise Information
Call the Hoosier Healthwise Hotline
1-800-889-9949
www.IN.gov/fssa/hoosier_healthwise

Hoosier Assurance Plan Information
Contact your local Community Mental Health Center
1-800-813-6511
www.IN.gov/fssa/shape

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My Local Contacts

During your Junior Year:

- ✓ Job training or more education beyond high school? Consider it!
- ✓ Talk with your family and teachers about jobs that interest you.
- ✓ Interview people you know. What's their job? What do they do? Why do they like it?
- ✓ What do you like to do? What skills do you have? What do others think you do well?
- ✓ Ask your teachers and family if you could job shadow at a local employer.
- ✓ Look for jobs while you are still in school. Find out what you can do to improve your interviewing skills.
- ✓ Meet your vocational rehabilitation counselor and start the application process.
- ✓ Discuss with your family where you want to live.
- ✓ Meet with a case manager from the Bureau of Developmental Disabilities Services to find out what living supports might be available.

During your Senior Year:

- ✓ Focus on what type of job you want after high school.
- ✓ Find a job!
- ✓ Develop a resume and/or portfolio to share your skills and work experiences with others.
- ✓ Write your employment plan with your vocational rehabilitation counselor.
- ✓ Think about where you want to live.
- ✓ Decide if you want to continue your education at a college or vocational school. It may help you to visit different schools to find a school you like.
- ✓ Apply for admission to college or vocational school.
- ✓ Apply for financial aid if you plan on attending college or vocational school. See your high school guidance counselor for forms and help.
- ✓ Visit friends who are living on their own. Do they like it? Why? What does it cost? Is there anything they don't like about it?
- ✓ Find fun things to do to keep connected with your friends.

Take charge of your life!

Local Vocational Rehabilitation Services Office

My Contact _____
Address _____
Phone _____
E-mail _____

Local Mental Health Center

My Contact _____
Address _____
Phone _____
E-mail _____

Local Area Agency on Aging Office

My Contact _____
Address _____
Phone _____
E-mail _____

Local Bureau of Developmental Disabilities Services Office

My Contact _____
Address _____
Phone _____
E-mail _____

Local Center for Independent Living Office

My Contact _____
Address _____
Phone _____
E-mail _____

Local Medicaid Office

My Contact _____
Address _____
Phone _____
E-mail _____

Local WorkOne Office

My Contact _____
Address _____
Phone _____
E-mail _____

Local Hoosier Assurance Office

My Contact _____
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Local Hoosier Healthwise Office

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State of Indiana
Family and Social Services Administration
402 W. WASHINGTON STREET, ROOM W392
INDIANAPOLIS, INDIANA 46204

www.IN.gov/fssa

The Indiana Family and Social Services Administration
does not discriminate on the basis of race, color, creed,
sex, age, disability, national origin, or ancestry.

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