Information and Referral (I & R)

 to Other Programs****

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| **While You Are Waiting ...**Nebraska VR (VR) helps people with disabilities find, get, and keep a job. Below is a list of resources and activities to help you address barriers that are keeping you from becoming employed and prepare you for work while you are waiting for your case to be activated from the waiting list or preparing for competitive, integrated employment. 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 Nebraska VR Specialist. 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** |
| Use online resources to learn about specific careers through **O\*NET** Occupational Outlook Handbook or **DOL** Occupational Outlook Handbook. Complete O\*NET Interest Profiler. | [www.onetonline.org/](http://www.onetonline.org/)<https://www.bls.gov/ooh/><https://www.mynextmove.org/explore/ip> |
| 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.typingtest.com](http://www.typingtest.com/) |
| Attend adult education classes often available through local libraries; take free online courses. | [www.Alison.com](http://www.alison.com/)[www.gcflearnfree.org](http://www.gcflearnfree.org/) |
| Visit online websites to practice math and reading/language skills. | [www.math.com](http://www.math.com/)<https://www.nypl.org/blog/2012/11/28/11-great-free-websites-practice-english> |
| Other:       |       |
| **To Maximize Your Readiness to Work** | **Link and/or Phone Number** |
| Locate birth certificate or required certified copy or replace at **Vital Records**, social security card from **Social Security Administration,** and if applicable (ages 14-15) a work permit (or a document showing you are allowed to work) at the **Department of Labor.** | [dhhs.ne.gov/pages/vital-records.aspx](http://dhhs.ne.gov/pages/vital-records.aspx)<https://www.ssa.gov/myaccount/replacement-card.html><https://dol.nebraska.gov/LaborStandards/WorkerRights/EmploymentOfMinors> |
| Get a **NE DMV** state ID if you do not have a driver's license; be sure your address is current. | [dmv.nebraska.gov/dl/state-identification-card](https://dmv.nebraska.gov/dl/state-identification-card) |
| Review your free credit report for accuracy. Get your free credit score online. Obtain information about help in paying your bills, if you need it.  | [www.AnnualCreditReport.com](http://www.annualcreditreport.com/)[www.creditkarma.com](http://www.creditkarma.com/)[www.needhelppayingbills.com/](http://www.needhelppayingbills.com/) |
| **US Citizenship & Immigration** resource for getting I-9 documents (Alien Registration card for non-citizen) necessary for non-citizens to work in the USA. | <https://www.uscis.gov/i-9> |
| Find reliable daycare resources, if needed; check with **Department of Children and Families** or **Head Start**. | <http://dhhs.ne.gov/Pages/Child-Care-Subsidy.aspx><https://neheadstart.org/>      |
| 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](http://mail.google.com/mail) |
| Check to see if you qualify for a free cell phone and service through **Safelink** or **Assurance**. | [www.safelinkwireless.com](http://www.safelinkwireless.com/)1-800-Safelink ( 1-800-723-3546)[www.assurancewireless.com](http://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](http://www.google.com/)[www.yahoo.com](http://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](http://www.volunteermatch.org/)[www.aarp.org/](http://www.aarp.org/) |
| Attend job-related workshops. |       |
| Resources for interview and work clothing. | [http://www.cap.nebraska.gov](http://www.cap.nebraska.gov/)      |
| 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](http://www.google.com/calendar)[www.wunderlist.com](http://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. | [https://www.google.com/maps/@40.8530245,-96.6970359,14z](https://www.google.com/maps/%4040.8530245%2C-96.6970359%2C14z%20%20www.mapquest.com/)[www.mapquest.com/](https://www.google.com/maps/%4040.8530245%2C-96.6970359%2C14z%20%20www.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 of Nebraska, National Alliance on Mental Illness (NAMI)-Nebraska, Down Syndrome Association of NE and Brain Injury Alliance of Nebraska.** | [www.ucp.org](http://www.ucp.org/) 1-800-872-5827 <http://ucpnebraska.org/> 402-502-3572[www.nami.org](http://www.nami.org/) 1-800-950-6264 [https://naminebraska.org](https://naminebraska.org/) [http://www.dsafnebraska.org](http://www.dsafnebraska.org/)<http://biane.org/about/contact.html> |
| If you have a visual impairment, review the services and resources available through the **Nebraska Commission for the Blind and Visually Impaired (NCBVI).** | [https://ncbvi.nebraska.gov/;](https://ncbvi.nebraska.gov/) 877-809-2419 |
| If you are deaf, deaf-blind, or hard of hearing, investigate the resources available through the **NE Commission for the Deaf and Hard of Hearing** and **NE Deaf Blind Project.** | [https://ncdhh.nebraska.gov/;](https://ncdhh.nebraska.gov/) 800-545-6244<http://www.nebraskadeafblindproject.org/resources/index.html> |
| If you have a developmental disability, review the services at the **Division of Developmental Disabilities** (DHHS-DD) | <http://dhhs.ne.gov/Pages/Developmental-Disabilities.aspx> |
| If you are a veteran, apply for **Veteran’s Administration** (VA) Vocational Rehabilitation and Employment services | [https://www.va.gov](https://www.va.gov/) |
| Other:       |       |
| **Medical Considerations for Getting a Job** | **Link and/or Phone Number** |
| Consultation with a physician to start addressing stamina concerns and possible exercise program |       |
| **Access Nebraska** is online way to apply for and manage **Nebraska Medicaid, Developmental Disabilities,** and **Economic Assistance** programs. | <https://dhhs-access-neb-menu.ne.gov/start/?tl=en> |
| Resources for medication assistance to maintain compliance with medication treatment plans including pharmaceutical companies with medication assistance programs. | <https://www.medicare.gov/pharmaceutical-assistance-program/#R><https://dhhs-access-neb-menu.ne.gov/start/?tl=en>[https://get.patientassistanceprograms.com](https://get.patientassistanceprograms.com/) |
| **To Help You Get a Job** | **Link and/or Phone Number** |
| If you are currently eligible to receive **Nebraska VR** pre-employment transition services for students aged 14-21, continue to meet regularly with your VR specialist to prepare for employment. |       |
| Register with the **Nebraska Department of Labor** through the **NEworks** web portal and check online regularly for employment opportunities, workshops, and events at your local office. | <https://neworks.nebraska.gov/vosnet/Default.aspx><https://dol.nebraska.gov/EmploymentAndTraining> |
| Prepare a resume and current references. | [www.myperfectresume.com](http://www.myperfectresume.com/)<https://resumegenius.com/>      |
| Prepare answers to common interview questions. Do you have gaps in your employment history or a criminal interview-questions record? How will you discuss them with a potential employer? | <https://www.themuse.com/advice/how-to-answer%20-the-31-most-common-interview-questions> |
| If you have background issues such as bad or no credit or arrests/convictions, research the **Federal Bonding Program**. | <https://hirenetwork.org/content/federal-bonding-program> |
| Review job postings in your local newspaper and online; register and post an updated resume to your profile, if applicable. | **Indeed**; <https://www.indeed.com/>**Career Builder;** [www.careerbuilder.com](http://www.careerbuilder.com/)      |
| Review national job listings. | [www.usajobs.gov](http://www.usajobs.gov/)      |
| Attend job fairs. |       |
| **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/](http://www.dol.gov/odep/wrp/)<https://www.dol.gov/odep/wrp/Profiles.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. |       |
| Resources for deaf and hearing impaired providing advocacy and other services. **NE Commission for the Deaf & Hard of Hearing (NCDHH)** and **NE Association of the Deaf (NEAD).** | [https://ncdhh.nebraska.gov](https://ncdhh.nebraska.gov/)[http://www.nead1902.com](http://www.nead1902.com/) |
| 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), Multidisciplinary Team Report (MDT) if applicable, and your diploma. |  |
| Check with community colleges, colleges, and universities in your area to see what they offer. | <http://www.nebraska.gov/education/colleges/> |
| 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 about possible accommodations. Meet with Financial Aid officer at local college; identify resources and apply for financial aid and scholarships. Apply for financial aid and scholarships. | **EducationQuest** [www.educationquest.org](http://www.educationquest.org/)**Federal Student Aid** [fafsa.ed.gov](http://fafsa.ed.gov/)<https://www.education.ne.gov/aded/>[www.education.ne.gov/](http://www.education.ne.gov/)[www.careeronestop.org/Toolkit/Training/find-scholarships.aspx](http://www.careeronestop.org/Toolkit/Training/find-scholarships.aspx) |
| **Nebraska Adult Education and GED** attend adult education classes for GED, skill building, or prerequisites.  | <https://www.education.ne.gov/?s=ged>; 1-877-352-4331[www.gcflearnfree.org](http://www.gcflearnfree.org/) |
| Apply for apprenticeship programs through the **Nebraska Department of Labor** | <https://www.dol.nebraska.gov/EmploymentAndTraining/Training/RegisteredApprenticeship>  |
| If you have a defaulted student loan, take steps to remove the default; research loan forgiveness programs at the **US Department of Education.** | [studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation](http://studentaid.ed.gov/sa/repay-loans/forgiveness-cancellation);1-800-433-3243 |
| **Nebraska Adult Education and GED** tests are administered by official GED testing centers.  | [www.education.ne.gov/aded/;](http://www.education.ne.gov/aded/) (877) 327-6433 |
| **Career Pathways Advancement Project (CPAP)** is designed for former or current Nebraska VR clients to explore and access opportunities to advance in their employment in specific high demand industries. | <http://vr.nebraska.gov/pathways/index.html>; 402-484-1908 |
| Other:       |       |
| **If You Are Considering Self-Employment** | **Link and/or Phone Number** |
| Find out what's involved with starting a small business at the **US Small Business Association**.  | [www.sba.gov](http://www.sba.gov/); 1-800-827-5722ASL Direct Video Call Centers: 1-855-440-4960 |
| Attend small business classes/workshops offered by **Community Action Programs, Nebraska Cooperative Extension, SCORE, or Alison**.  | [https://canhelp.org](https://canhelp.org/) [https://extension.unl.edu](https://extension.unl.edu/) [www.score.org](http://www.score.org/); 1-800-634-0245[www.Alison.com](http://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](http://www.score.org/), 1-800-634-0245 |
| Talk with local business owners. |  |
| Other:       |       |
| **Self-Advocacy** | **Link and/or Phone Number** |
| **Aktion Club (Kiwanis)** is open to any adult, age 18 years or older who has a disability and is interested in performing community service and having fun. | <http://www.aktionclub.org/join/membershipinterestandrequirements.aspx><http://locator.kiwanis.org/FindAClub> |
| **Arc of Nebraska** is an advocacy group dedicated to raising awareness for those with intellectual and developmental disabilities. | [https://www.arc-nebraska.org](https://www.arc-nebraska.org/); 402-475-4407 |
| **Centers for Independent Living (CIL**) provide peer support, information and referral, advocacy, independent living skills training, and transition services. | <http://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/NE> |
| **Disability Rights Nebraska** provides legal representation and other advocacy services to people with disabilities. | [www.disabilityrightsnebraska.org](http://www.disabilityrightsnebraska.org/); 800-422-6691 |
| **Job Accommodation Network (JAN)** is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. | [https://askjan.org](https://askjan.org/); 1-800-526-7234(V) or 1-877-781-9403 (TTY) |
| **Kids As Self Advocates (KASA)** is for youth and young adults with disabilities speaking out and taking on a leadership role for themselves and others with disabilities. | <http://fvkasa.org/index.php>; 207-458-1009 |
| **Nebraska Family Support Network’**s mission is to empower Nebraska children and families affected by mental, emotional, or behavioral health issues through peer mentoring, education, and advocacy, to build brighter futures. | <https://nefamilysupportnetwork.org/contact-us/>402-345-0791 |
| **National Gateway to Self-Determination (NGSD)** offers training programs that lead to quality of life outcomes for individuals with developmental disabilities. | [http://ngsd.org](http://ngsd.org/); 816-235-1755 |
| **Nebraska Youth Leadership Council (NYLC)** are young leaders from across the entire state of Nebraska who want to make a difference in the lives of students with disabilities. | <http://nylc.nebraska.gov/NYLC/Welcome.html> |
| **People First Nebraska** is a statewide advocacy organization in Nebraska run by and for people with any disability. | [http://www.peoplefirstnebraska.com/chapters.html;](http://www.peoplefirstnebraska.com/chapters.html) 402-559-4892 |
| **PTI Nebraska (Parent Training and Information)** is a statewide resource for families of children with disabilities and special health care needs. | [http://pti-nebraska.org/;](http://pti-nebraska.org/) 800-284-8520 |
| **US Equal Employment Opportunity Commission (EEOC)** and the **US DOL Office of Disability Employment Policy (ODEP)** websites provide general employment resources. | [www.eeoc.gov](http://www.eeoc.gov/) [www.dol.gov/odep/](http://www.dol.gov/odep/) |
| The **Nebraska Client Assistance Program (CAP)** is a free service to help you find solutions if you are having problems with any of the following programs:* Nebraska VR (Vocational Rehabilitation)
* NE Commission for the Blind & Visually Impaired
* Centers for Independent Living
 | [http://www.cap.nebraska.gov](http://www.cap.nebraska.gov/) |
| Other:       |       |
| **Social Security**  | **Link and/or Phone Number** |
| **Social Security Administration** online services | [https://www.ssa.gov](https://www.ssa.gov/) |
| For Social Security beneficiaries: **Explore Ticket to Work**. **Explore Plan to Achieve Self-Support (PASS)**.  | [www.ssa.gov/work](http://www.ssa.gov/work)1-800-772-1213, TTY 1-800-325-0778 <https://www.ssa.gov/pubs/EN-05-10095.pdf> |
| **Red Book** A Summary Guide to Employment Supports for Persons with Disabilities under the Social Security Disability Insurance (SSDI) and Supplemental Security Income (SSI) Programs | <https://www.ssa.gov/redbook/> |
| **Employment Networks** have an agreement with the Social Security Administration to provide or coordinate the delivery of services to Social Security disability beneficiaries.  | **Easter Seals of Nebraska,** 800-471-6425 <http://www.easterseals.com/ne/our-programs/>**Community Options,** 402-658-6468 [http://www.conebraska.com](http://www.conebraska.com/)**Goodwill Industries of Greater Nebraska,** 308-384-7896 <https://www.goodwillne.org> |
| **Work Incentives planning and assistance** (WIPA) in Nebraska. Easterseals has a grant to provide benefits counseling to social security beneficiaries. | Easterseals Nebraska, 800-471-6425 |
| **Miscellaneous Suggestions** | **Link and/or Phone Number** |
| **“Along the Way”** is a series of guides created to provide information for individuals with intellectual and developmental disabilities, their families, and others. | <http://dhhs.ne.gov/Pages/DD-Resources.aspx>Under the Nebraska Resources heading:[Along the Way: A Guide for Adolescents and Young Adults with Intellectual and Developmental Disabilities](http://dhhs.ne.gov/DD%20Council%20Resources/A%20Guide%20for%20Adolescents%20and%20Young%20Adults%20with%20Intellectual%20and%20Developmental%20Disabilities.pdf)[Along the Way: A Guide for Adults with Intellectual and Developmental Disabilities](http://dhhs.ne.gov/DD%20Council%20Resources/A%20Guide%20for%20Adults%20with%20Intellectual%20and%20Developmental%20Disabilities.pdf)[Along the Way: Directory of Resources for Individual with Intellectual and Developmental Disabilities](http://dhhs.ne.gov/DD%20Council%20Resources/Directory%20of%20Resources%20for%20Individuals%20with%20Intellectual%20and%20Developmental%20Disabilities.pdf) |
| **211** can locate general services and resources, including crisis 211 assistance. | [www.211.org/](http://www.211.org/)From your phone, dial 211 |
| **Assistive Technology Partnership (ATP).** If you think you may require assistive technology in order to become employed, investigate resources through ATP. | [https://atp.nebraska.gov](https://atp.nebraska.gov/); 877-713-4002 |
| **HUD** has housing resources for persons with a disability, rental assistance programs through **Housing Authority**, **Nebraska Homeless Shelters Directory** | <https://www.hud.gov/topics/information_for_disabled_persons><https://www.hud.gov/topics><https://www.homelessshelterdirectory.org/nebraska.html> |
| **Nebraska DHHS Aging and Disability Resource Center** Offers information and referral, options counseling, and identifying needs and recommendations for individuals 60 or older. | <http://dhhs.ne.gov/Pages/Aging-and-Disability-Resource-Center.aspx> |
| **Hotline for Disability Services** provides information and resources for Nebraskans who have questions or concerns related to a disability.  | [http://www.cap.nebraska.gov](http://www.cap.nebraska.gov/); 1-800-742-7594 V/TTY |
| **League of Human Dignity** Provides information regarding independent living centers, housing, accessibility, transportation, assistive technology, and other services. | <http://leagueofhumandignity.com/> |
| Register for **Selective Service,**See Selective Service-Who Must Register. | <https://www.sss.gov/Registration/Register-Now/Registration-Form><https://www.sss.gov/portals/0/PDFs/WhoMustRegisterChart.pdf> |
| Other:       |       |

**Notes:**