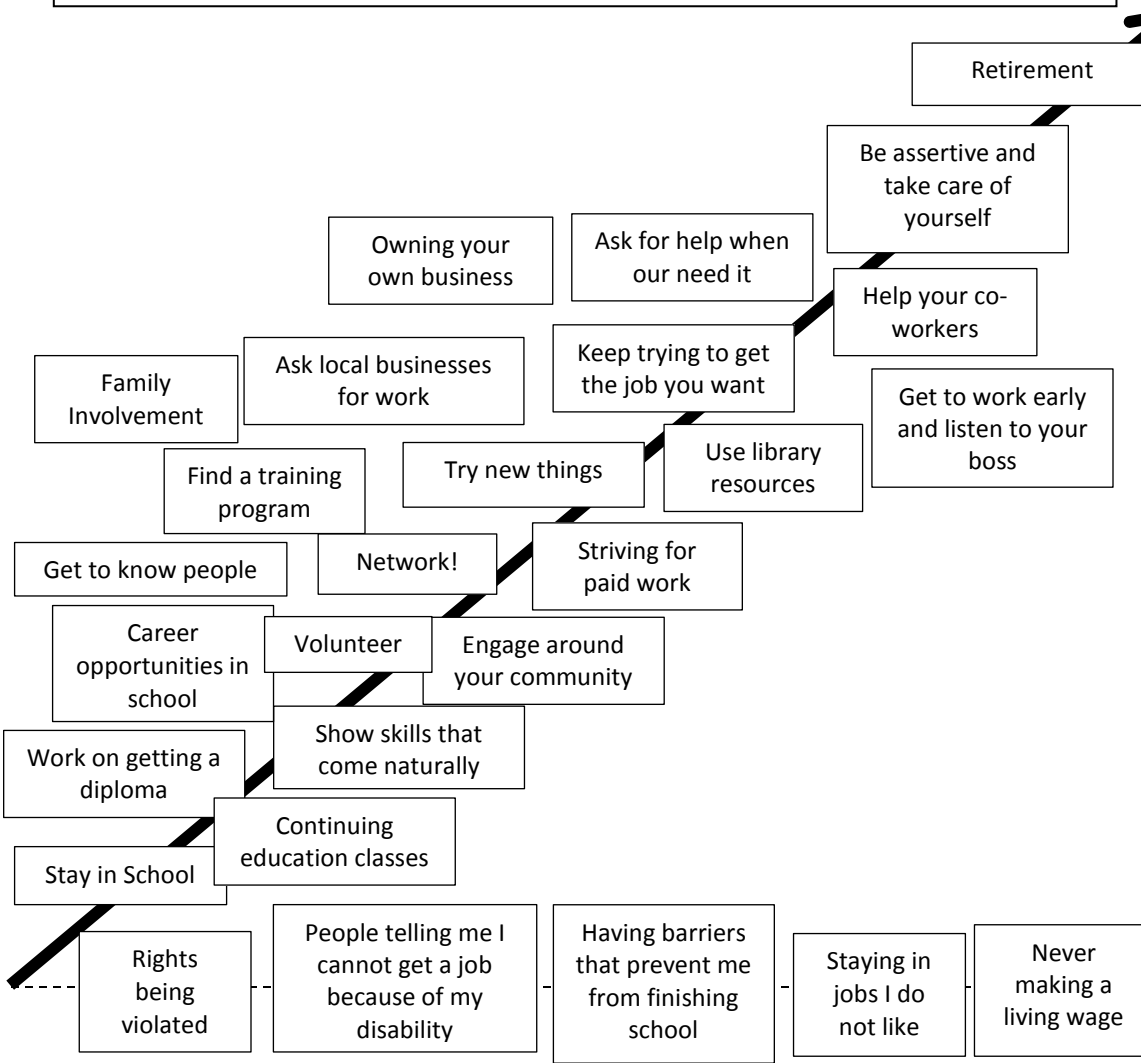


CHARTING the life course

Employment Trajectory: Self-Advocates



“If you put your mind to something, you can really do it!”
 “I was born ready to work!”
 “Be yourself!!”



VISION for employment/work life

- Opportunities to talk to people in jobs I may want
- People to identify my strengths
- Accommodations and supports in school and work
- Volunteer opportunities or internships that turn into paid work
- Opportunities to network with people
- Opportunities to ask questions before taking a job
- Having high expectation for myself and from others
- Jobs with benefits and ongoing opportunities for learning
- Support to be assertive in asking for what I need and trust that my school or employer will provide the help I need
- Having the same opportunities as coworkers
- Learning how to manage your money to save for the future and have a good life now
- Reliable transportation/transportation support

What I DON'T want

- Having your rights violates
- People to not believe in you
- People telling you, you cannot get a job because of your disability
- Being afraid to be assertive
- To do other people's work
- Being taken advantage of
- Low expectations for myself or from others
- Hostile work environment
- Mean co-workers
- To settle for a job I do not want
- No opportunities
- Not being able to say no for fear that you'll lose your job

This tool was adapted by the DC Department on Disability Services and Project ACTION!, from tools developed by University of Missouri-Kansas City Institute for Human Development, University Center for Excellence in Developmental Disabilities (2015). (Last revised 04/17)

