

Decision to
Seek Paid
Work

Do you want to know what will happen to your health insurance and benefits if you get a job?

Person with Disabilities



Benefits Planning: **Your Results Summary**

Life Situation	Earnings/Income	Expenses	Scenario	Results
<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

<p>Scenario 1: "Administration"</p> <ul style="list-style-type: none">• Your Income will increase• Health Coverage: You will continue to get your Medical Assistance.	<p>You have more money</p> <p>+\$134</p> <p>You have less money</p>
<p>Scenario 2: "Manufacturing"</p> <ul style="list-style-type: none">• Your Income will stay the same.• Health Coverage: You will continue to get your Medical Assistance.	<p>You have more money</p> <p>\$ 01</p> <p>You have less money</p>

Do you need further assistance. Click here for a list of local [benefits planners](#).

Taskbar: RealPlayer: Ko..., 4 Internet Ex..., 2 Microsoft Fr..., R:\MH Transfor..., Microsoft Powe..., 5/30/2006

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Decision to
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Do you want to read, listen, or watch other people with disabilities who are employed to discuss the costs and benefits of working?

Person with
Disabilities



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Preparing
for Work
and Planning
a Career
Path

Would you like to know what kinds of work are most common in your county, and which part of the labor market that is growing or shrinking?

Person with
Disabilities

A screenshot of a Microsoft Internet Explorer browser window. The title bar reads 'RDA - DSHS's Research and Data Analysis Division's Home Page - Microsoft Internet Explorer'. The main content area has a dropdown menu for 'State' with options: --Select--, Adams, Asotin, Benton, Chelan, Clallam. To the right is a 'GO' button. The title of the page is 'Employment opportunities in Washington State'. Below this is a table with columns: Type of Organization, Number of Employees, and Monthly Wages. The table has five rows: Aerospace, Agriculture, Finance, Retail Trade, and Technology. The 'Number of Employees' column has arrows indicating trends: down for Aerospace, flat for Agriculture, up for Finance, up for Retail Trade, and flat for Technology. The 'Monthly Wages' column has arrows: flat for Aerospace, flat for Agriculture, up for Finance, flat for Retail Trade, and flat for Technology.

Type of Organization	Number of Employees	Monthly Wages
Aerospace	73,500 ↓	\$3,828 —
Agriculture	94,908 —	\$2,493 —
Finance	94,000 ↑	\$5,029 ↑
Retail Trade	324,900 ↑	\$2,480 —
Technology	70,300 —	\$5,379 —

More info: <http://www.workforceexplorer.com/> or http://choosewashington.com/business_resources/Hiring_and_Training.asp

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Preparing
for Work
and
Planning a
Career Path

**Would you like to know what kind of jobs
others with disabilities have in your local area?**

Person with
Disabilities



RDA - DSHS's Research and Data Analysis Division's Home Page - Microsoft Internet Explorer

State --Select--
Adams
Asotin
Benton
Chelan
Clallam

What type of organizations do people in your Washington State with disability works in?

Type of Organization	Number Employed*	Monthly Wage**
Aerospace	1,587	\$2,512
Agriculture	5,769	\$1,358
Finance	3,691	\$2,370
Retail Trade	32,071	\$1,478
Technology	1,010	\$2,850

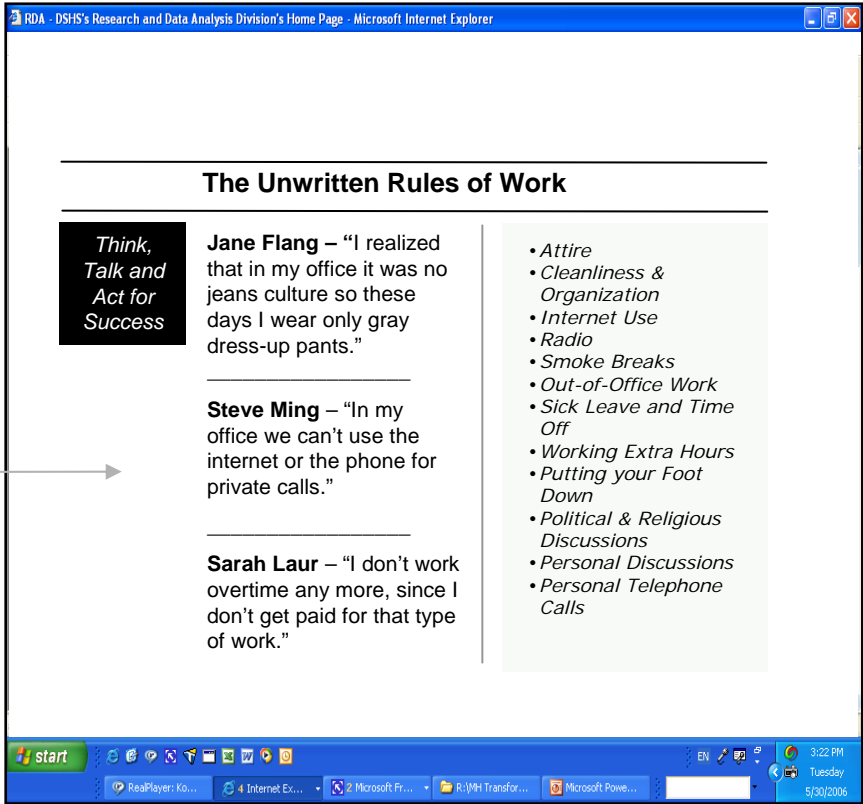
DSHS clients 18 to 65, received mental health, developmental disabilities, vocational rehabilitation, or SSI-medical services. Employment means being recorded in the ESD wage files during

start RealPlayer: Ko... 4 Internet Ex... 2 Microsoft Fr... R:\MH Transfor... Microsoft Powe... 3:22 PM Tuesday 5/30/2006

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Do you want to know more about the customs, unspoken rules and culture of work?



The screenshot shows a Microsoft Internet Explorer browser window displaying an article titled "The Unwritten Rules of Work" from the RDA - DSHS's Research and Data Analysis Division's Home Page. The article includes a sidebar with the text "Think, Talk and Act for Success" and a list of rules such as "Attire", "Cleanliness & Organization", "Internet Use", "Radio", "Smoke Breaks", "Out-of-Office Work", "Sick Leave and Time Off", "Working Extra Hours", "Putting your Foot Down", "Political & Religious Discussions", "Personal Discussions", and "Personal Telephone Calls". The browser's taskbar at the bottom shows the start button, several open applications, and the system tray with the date and time (3:22 PM, Tuesday, 5/30/2006).

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Preparing
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a Career
Path

If you are a student aged 18-21, what
type of information do you need to bridge
between school and work?



Web application interface titled "Youth In Transition | School to Work".

The interface includes a dropdown menu with the following options:

- Select--
- Select--
- Highschool**
- Vocational School
- College,
- Universities

Further Education

- Vocational
- Community Colleges
- Universities

Start your own business

Apply for a job

Windows taskbar at the bottom shows: RealPlayer: Ko..., 4 Internet Ex..., 2 Microsoft Fr..., R:\WH Transfor..., Microsoft Powe..., 5/30/2006

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Finding a job

Do you want to get employment help from professional counselors or others with disabilities?



RDA - DSHS's Research and Data Analysis Division's Home Page - Microsoft Internet Explorer

Find Local Support Services

2 miles In a radius from Street address: 101 Capitol Way, Olympia, WA

--Select--
5 miles
10 miles
20 miles
50 miles
100 miles

Search results
You selected a 2 Miles radius from street address: 101 Capitol Way, click on the view button to see direction map.

Benefit & Work Planner View

County Employment counselor View

"Friends" clubhouse View

Peer support Group of City View

VR counselor View
402 Ox Street, Olympia, WA, 98504
Tel 360-570 0010
Email: VRcounselor@VR.org
Direction by local bus: 41 from Reel street, to bus stop Highpoint rd. One block to the intersection of Ox street

From: 101 Capitol Way, Olympia, WA
To: 402 Ox Street, Olympia, WA
Direction: Go right on Capitol Way, At intersection, left at Central Way, Straight on Ox Street

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Finding a Job

Would you like help to build your resume online?

RESUME FORM

Q

- Work experience
- Education
- Skills
- Volunteer experience
- Job goals

<http://www.mymommybiz.com/telecommute/makeyourownresume.html>

Sample Ideas to Choose From! Use What works for you.

EXERCISE SCIENCE

66 Aerobic Place
Cardio City, AK 112233
555-222-1111
email address

Objective A leadership position where I can develop, implement, and coordinate a fitness program in a dynamic health setting.
Here's another example of an objective
A challenging position in cardiac rehabilitation where I can utilize my knowledge in exercise science to guide individuals toward active healthy lifestyles.

Education Bachelor of Science in Exercise Science, May 2001
University of New Mexico, Albuquerque, NM

Related Course Work

EKG Interpretation	Stress Testing
Designs for Fitness	Exercise Physiology I & II
Physical Activity and Aging	Physical Activity and Disease Prevention
Organic and Biochemistry	Energy Nutrients and Human Nutrition
Kinesiology	Applied Nutrition and Exercise

Experience August 2000 - Present (*Please note the Power words starting each statement*)
Good Samaritan Hospital, Albuquerque, New Mexico

- Lead physician-prescribed exercise programs
- Provide daily care for disabled patients
- Administer medications
- Design muscular strength and flexibility programs for clients
- Create and teach ergonomics courses
- Perform initial health questionnaires and assessments
- Maintain hygiene of facility
- Promote positive business ethics

September 1999 to July 2000
Defined Fitness (*continue with similar style as above!*)

Special Skills Assessment and/or measurement and interpretation of the following:

- Electrocardiograms
- Maximal exercise stress tests
- Submaximal exercise stress tests
- Body composition: skinfold, hydrostatic weighing, bioelectrical impedance
- Blood pressure
- Flexibility

Computer Skills

- Microsoft Word, Power Point, Excel, Adobe Illustrator, WEB Design

Other

- Fluent in Spanish and German

Memberships American Society of Exercise Physiologists
American College of Sports Medicine
National Strength and Conditioning Organization

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Finding a Job

Would you like a list of websites where you can apply for jobs, and post your resume?

List of job sites

- [Monster.com](#)
- [American's Job Bank](#)
- [Career.com](#)
- [Ability jobs](#)
- [....and more](#)

The image shows several screenshots of job websites:
1. **Monster.com**: Features a purple header with navigation links like 'My Monster', 'Find Jobs', and 'Post Resume'. A main banner says 'Double your chances of getting a job'.
2. **American Job Bank**: Shows a search interface with fields for 'Keywords', 'Select Job Category', and 'Advanced Search'.
3. **Career.com**: Displays a 'Find a Degree Program!' section with dropdown menus for 'Subject' and 'Zip Code'.
4. **Abilityjobs.com**: Features a search bar and a 'Search Jobs' button.
5. **Abilityjobs.com (another view)**: Shows a 'College and University Search' section with a circular graphic.

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Finding a job

Do you want a list of employers in your neighborhood?



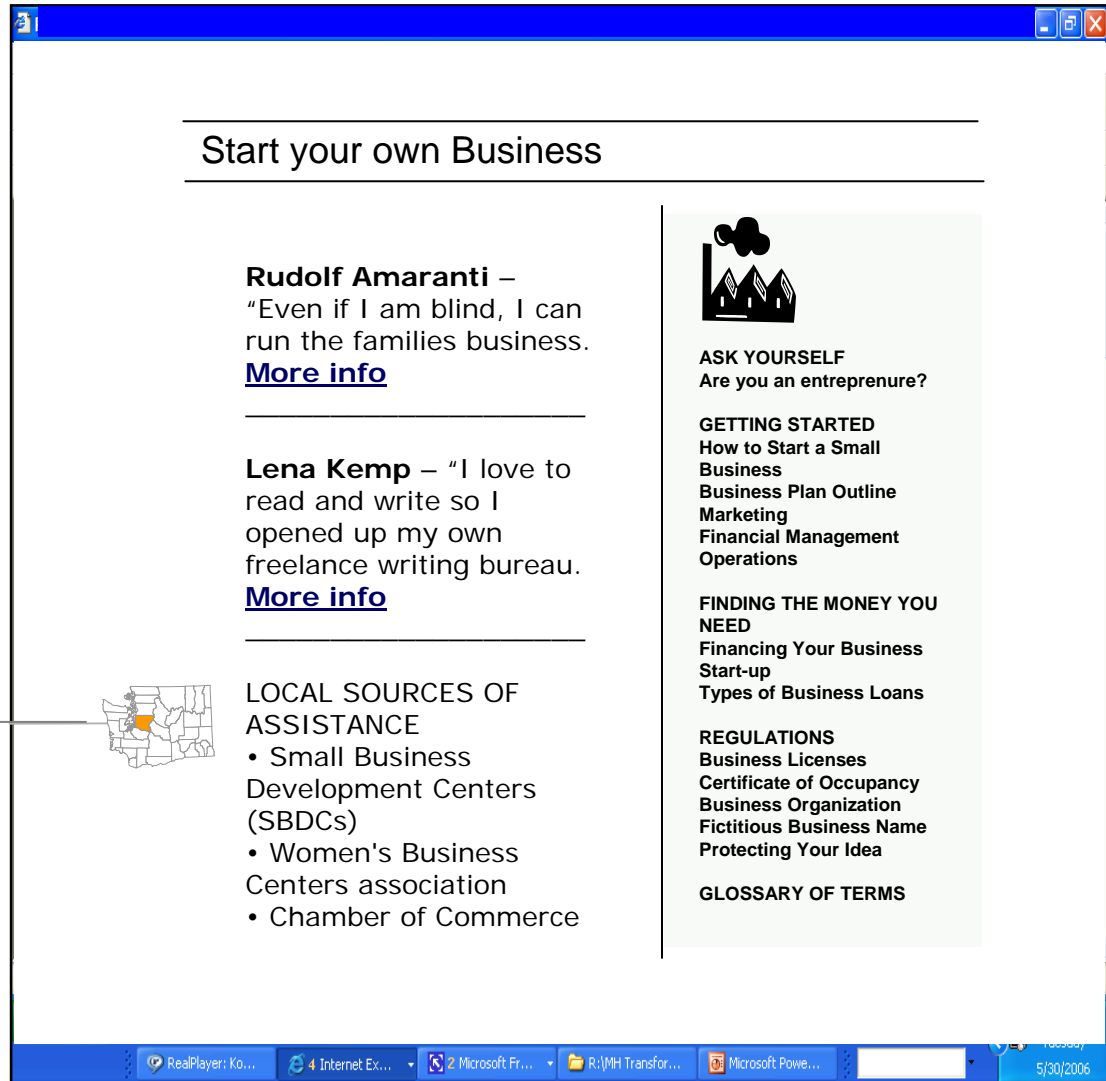
The screenshot shows a web browser window titled "RDA - DSHS's Research and Data Analysis Division's Home Page - Microsoft Internet Explorer". The main heading is "Find employers in your area". Below this, there is a dropdown menu set to "5 miles" and a text input field containing "99205". A search results dropdown menu is open, showing options: "--Select--", "5 miles", "10 miles", "20 miles", "50 miles", and "100 miles". To the right of the dropdown is a map with concentric circles representing the search radius. Below the map, text reads: "You selected a 5 Miles radius from zip code 99205, Download address list of organizations as **Excel, Word or PDF document:**". Below this text are three icons representing Excel, Word, and PDF. An arrow points from the person icon to the browser window, and another arrow points from the download options to a separate window titled "Contact List" which displays a list of organization names and addresses.

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Finding a job

Do you want help to start your own business?

Person with Disabilities



Start your own Business

Rudolf Amaranti –
“Even if I am blind, I can run the families business.”
[More info](#)

Lena Kemp – “I love to read and write so I opened up my own freelance writing bureau.”
[More info](#)

LOCAL SOURCES OF ASSISTANCE

- Small Business Development Centers (SBDCs)
- Women's Business Centers association
- Chamber of Commerce

ASK YOURSELF
Are you an entrepreneur?

GETTING STARTED
How to Start a Small Business
Business Plan Outline
Marketing
Financial Management
Operations

FINDING THE MONEY YOU NEED
Financing Your Business
Start-up
Types of Business Loans

REGULATIONS
Business Licenses
Certificate of Occupancy
Business Organization
Fictitious Business Name
Protecting Your Idea

GLOSSARY OF TERMS

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Would you like to know how people keep their jobs and advance professionally?

Person with
Disabilities



Climbing the career ladder

A green square icon showing a black silhouette of a person climbing a ladder. The person is on the left side of the ladder, reaching up. The ladder is on the right side of the square.

Lisa Render – “I got a mentor who helped me to take steps in the right direction.”

Josh McLeay – “I did a skill assessment and then my supervisor and I laid out a training plan.”

Lori Turbino – “I joined a local business association.”

Tips for career growth:

- A vision
- A goal
- A plan
- Skill building
- Expanding network
- Documenting successes
- Open to new challenges

Get tips and Ideas how to advance professionally.

Sign up for e-mail Newsletter

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