

# Vocational Rehabilitation Services

## WHAT STUDENTS AND FAMILIES NEED TO KNOW

### WHAT IS VOCATIONAL REHABILITATION SERVICES?

It's an employment services program for students and young adults with disabilities. In Minnesota every high school has a Vocational Rehabilitation (VR) counselor who can help students with disabilities (that means those with an IEP or 504 Plan or with physical, mental health or learning concerns) to gain skills, find a job and start a career. The VR counselor can help you to take control of your future and live as independently as possible.

#### ● WHO SHOULD APPLY?

Any high school student with a disability should learn about these services as early as possible.

#### ● WHO IS ELIGIBLE?

You're eligible if you have a physical or mental condition that makes it hard for you to work, and if you demonstrate that you could benefit from VR services to help you prepare for a job.

#### ● HOW DO I PROVE THAT I HAVE A DISABILITY?

It's usually possible to document a disability from your school assessment, a psychological report or a medical provider's records. If you are not able to provide this documentation, you may give your permission for a VR counselor to obtain it for you.

#### ● WHAT CAN VR DO FOR ME WHILE I AM IN HIGH SCHOOL?

We can help you understand your interests and talents, explore career and education options, gain work experiences, learn new skills, and be ready for what comes after you graduate from high school.

#### ● WHAT CAN VR DO FOR ME AFTER HIGH SCHOOL?

Once you know your job goal, your VR counselor can help you achieve that goal. Whether it's training on

the job, an apprenticeship, a de program at a two-year or four-year college, help finding work, assistance on the job, our goal is help you get and keep a satisfy community job.

#### ● WHAT IF I GET SUPPLEMENTAL SECURITY INCOME (SSI) OR MEDICAL ASSISTANCE (MA)?

Young people on disability benefits are usually better off when they have their VR counselor. Your VR counselor will help you explore how benefits and a job can work together. You can also begin exploration on your own by going to <http://workbenefitsyouth.org/>.

#### ● HOW MUCH DOES VR COST?

There is no charge for most VR services. For some things (such as tuition for college or technical school, or fees for certain special services) you could be responsible for part of the cost, depending on your family's income.

#### ● DO I HAVE CHOICES?

We'll provide assistance, but the whole idea is for you to choose your own job goals and decide how to achieve them. You can decide to develop plans on your own or with someone else's assistance. But if you wish to receive services from Vocational Rehabilitation Services we'll need to approve your plan.

**How Do I Find Out More?** You can call 1.800.328.9095 or 651.259.7366 | 800.657.3972  
800.627.3529 MN Relay Service | 877.627.3848 Speech-to-Speech Telephone Re-Voice  
You can also go to [www.mn.gov/deed/vrs](http://www.mn.gov/deed/vrs) and click on the link "For Youth and Young Adults"