



I am a Job Seeker

What Can I Do?

Actions I Can Take

- Think about your employment goals. Decide on short-term and long-term goals. You can change your goals at any time. You can ask for help from family, friends, teachers, and professionals to learn about options.
- If you are in high school, ask your teachers about Pre-Employment Transition Services (Pre-ETS).
- If you get services from VR (also called Voc Rehab, RSA, or Vocational Rehabilitation), talk to your VR counselor. If you don't have VR services, consider applying.
- If you get services from DDD, talk to your case manager about your employment goal. Ask to add the goal to your plan with DDD.
- Learn about benefits (like SSI and AHCCCS) and working. You can get info from Arizona Disability Benefits 101 (az.db101.com).
- Advocate for yourself. Learn about your rights. Ask for information so that you can make informed choices about work and the supports you need.

Resources I Can Contact

Arizona@Work

- arizonaatwork.com/

Arizona Disability Benefits 101

- az.db101.org/

Arizona Statewide Independent Living Council

- azsilc.org/

Arizona Technology Access Program

- aztap.org/

Division of Developmental Disabilities

- 1-844-770-9500
- des.az.gov/services/disabilities/developmental-disabilities

Vocational Rehabilitation (RSA)

- 1-800-563-1221
- des.az.gov/vr



Visit AZEmploymentFirst.org for more information