



**Free, accurate, independent disability information**

## **TIME FOR A CHANGE – The Next Stage After School**

### **Getting a Job**

Getting a job can be a big change! You may go straight from school/further study into a job, traineeship or apprenticeship or you may have been looking for work for a while. Either way, it can be quite a big gear shift when starting out in a new or even your first job.

Changes to routines, learning new commutes, on the job training and learning new systems and meeting new people can be hard but it is also an exciting time. Depending on where you work, your employer may have an Employee Assistance Program which you can access to talk to someone if you are feeling overwhelmed. Otherwise talk to your GP about seeing someone through Medicare or call Beyond Blue on 1300 224 636 or Lifeline on 13 11 14.

### **Finding a job**

If you have a hard time finding a job, you should get in touch with your local Disability Employment Services (DES) provider.

DES providers are funded by the Australian Government to help job seekers who have a permanent disability to get a job and provide occasional support in the workplace to help people keep their jobs.

DES can help you to pursue meaningful and rewarding work in an area that interests you. They may provide training; help you write a résumé or curriculum vitae (CV) and can help you prepare and practice for an interview.

Visit [Job Access](#) to find your local DES provider or call **1800 464 800**.

### **Getting to work**

People with disability may encounter barriers when trying to commute to and from work. They may be transport disadvantaged or navigating public transport and finding their way may take extra time. It is a good idea to plan and practice your commute to and from work before you show up for your first day or shift.

People who are blind or have low vision may make use of assistive technology, including stop announcers and trip planners when finding their way on public transport. These apps may also be useful and reassuring for people with intellectual disability or people with mental health issues, especially anxiety. Other important information, like whether the bus, train, light rail or ferry you need to use is wheelchair accessible is also available. Go to [transportnsw.info/apps](http://transportnsw.info/apps) for a list of apps.

If you don't have access to public transport, work out how you are going to get to work. Will you drive? Catch a cab? If you have a disability, you may be eligible for the Taxi Transport Subsidy Scheme. Visit [bit.ly/taxi-subsidy](http://bit.ly/taxi-subsidy) or contact Service NSW on **13 77 88** for more information.

If you are an NDIS participant, you may be able to use some of your core support to claim service provider costs related to transport.

Is your work close enough to walk or ride a bike? How long will this take? Planning and making sure you leave plenty of time to get to and from work will help take the stress and anxiety out of starting a new job.

### **Options for Moving out of Home**

When the time comes to move out of home, people with disability need to find a situation that is right for them. Below are some options which may suit depending on your wants and needs.

Group Homes also known as community homes, are a type of living arrangement where people with disability live together in a home environment that is social and comfortable while having trained staff available 24 hours a day. Residents are able to develop their independence while still being supported with a variety of programs and activities. There are innovative designs being built that accommodate disability needs with accessibility being a priority. Generally, people living in group homes have access to:

- Day programs and community access
- Medical and health support services
- Comfortable living and outdoor spaces
- 24-hour live-in or on-site support from qualified staff

### **Independent Living also known as Supported Independent Living**

When people with disability choose to stay either in their own home or in a shared house, assistance can be provided to develop skills to live as independently as possible. Depending upon the facility, day-to-day life skills taught could be:

- Shopping, cooking, meal preparation and cleaning up
- Personal care, like showering and dressing
- Personal banking and budgeting
- Letter-writing and mailing
- Arranging and attending medical appointments
- Managing medication

### **Home Sharing**

Various organisations link people with a disability with people who are looking for somewhere to live. This could be the next step to independence for someone who has been living in a group home or at home with their family. Contractual arrangements could be a set number of hours assisting the person with a disability and sharing meals in exchange for living rent free, or a discounted rent for various responsibilities.

This type of living arrangement can empower a person with a disability, as they are able to make decisions that can give them a greater sense of independence. If they are with the NDIS, carers will come several times a week to help with cooking and shopping. There might not be a need for overnight carers.

**For more information contact IDEAS on 1800 029 904  
and speak to our Information Officers**

