

# After High School



Do you have a disability? Have you thought about what you will do after high school? Do you want to continue your education or do you want to work?

## Transition Services

Transition planning can help you prepare for life after high school.

- If you are currently in high school, you should have an **Individualized Educational Plan (IEP)**. At age 16, you should also have a transition plan.
- In your last year of high school, you should also complete an **Individualized Plan for Employment (IPE)** if you are eligible for Louisiana Rehabilitation Services (LRS). An IPE will include your career goals, specify the services or education you need to reach your objectives, and identify who will provide and pay for what you need to be successful.

For more information on transition plans, visit the National Dissemination Center for Children with Disabilities at [www.nichcy.org](http://www.nichcy.org).

## If you want to further your education, you should:

- Talk to your school counselor about education and training options.
- Attend career fairs.
- Visit schools that interest you.
- Talk to someone in the financial aid office at the school you want to attend to get information on grants or loans.
- Ask if the school has someone who can help you with accommodations, problem solving, and making sure that classes and the physical environment are accessible.
- Visit the National Clearinghouse on Postsecondary Education for Individuals with Disabilities at [www.heath.gwu.edu](http://www.heath.gwu.edu) to get information about educational support services, policies, procedures and accommodations.

## If you want to work after high school, you can start now!

- Know your talents, skills and interests so you can find a job that's right for you.
- Talk to businesses to learn about the jobs you find interesting and the skills you'll need for them.
- Work a part-time or volunteer job. The experience will help you prepare for the future.
- Get involved with activities at school, at home and in the community to help you build job skills.



## Getting Work Experience

Summer and part-time jobs help you get valuable work experience. These jobs help you learn basic work skills and attitudes that are important to businesses. First, talk to your school counselor about getting a work permit. Read the **Looking for a Job** tip sheet for helpful information on ways to find a job.

**Internships** offer opportunities for short-term training experience. You may or may not be paid or get academic credit, but gaining this experience will help you build a resume'.

**Apprenticeship programs** provide education and training that can help you prepare for a variety of jobs. These programs have eligibility requirements, qualifications and selection procedures.

## Getting Help

Louisiana Work Incentives Planning and Assistance (La-WIPA) Coalition can help if you want to work. A Community Work Incentives Coordinator (CWIC) can explain the Social Security Administration (SSA) programs for which you may be eligible and how earnings from work affect your benefits. Read the **Disability Benefits & Work** tip sheet for helpful information on SS work incentives. A CWIC can help you with Social Security work incentives including the **Student Earned Income Exclusion**. Contact La-WIPA at 1-888-942-8104.

**Mentors** provide support and advice to help you learn and practice skills you will need to be successful. For information on mentoring opportunities, visit the American Association of People with Disabilities at [www.aapd.com](http://www.aapd.com).

Louisiana Works Business and Career Solutions Centers can provide information on training, job placement and other employment-related services in your area. Visit [www.laworks.net](http://www.laworks.net).

## Resources

**Louisiana State Department of Education**  
Division of Educational Improvement & Assistance  
877-453-2721  
[www.doe.state.la.us/](http://www.doe.state.la.us/)

**Louisiana Rehabilitation Services**  
800-737-2958  
[www.dss.louisiana.gov/departments/lrs/](http://www.dss.louisiana.gov/departments/lrs/)

**Office for Citizens with Developmental Disabilities**  
225-342-0095  
[www.dhh.louisiana.gov/offices/?ID=77](http://www.dhh.louisiana.gov/offices/?ID=77)

**Louisiana Parent Training & Information Center**  
(formerly Project Prompt)  
800-766-7736  
[www.laptic.org](http://www.laptic.org)

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