

# ROADMAP FOR LIFE AFTER HIGH SCHOOL



A few things young people who live with a disability should do on the road to adult life.

## Establish Your Direction

Start with future planning to find your path. You may start with training, internship, or college. Or you may jump right into the world of work!



## Get A Guide

State resources are available to help you chart your path. Apply for DVR services and talk with a counselor about your goals.

## Get Support

Fuel your journey with Pre-Employment training, supported employment, medicaid and other supportive programs.



## Travel With Partners

The trip is always better with friends. Plan for your best life with support from family and friends and professionals.

## Step 1

Establish your goals with your MOCEANS Youth Transition Specialist

## Step 2

Meet with a DVRS counselor to talk about options for Employment and Training.

## Step 3

Start down the career path by choosing the training options that are right for you.

## Step 4

Get the right support from your college or trade school's office of special services.

## Resources

### MOCEANS CIL

<https://www.moceanscil.org/youth-transition-services>  
(732) 571-4884

### DVRS

[https://careerconnections.nj.gov/careerconnections/plan/foryou/disable/students\\_with\\_disabilities.shtml](https://careerconnections.nj.gov/careerconnections/plan/foryou/disable/students_with_disabilities.shtml)

### NJCAN

<https://portal.njcis.intocareers.org>