

## WHERE DO I START?

Talk to your Supports Coordinator, if you already have one or call to schedule an Intellectual Disabilities intake if you don't have a Supports Coordinator;

- **If you live in Dauphin Co., call CMU: (717) 232-8761 or (866) 820-3516**
- **If you live in Cumberland or Perry Co., call Cumberland/Perry MH/IDD Services: (717) 240-6320 or (866) 240-6320**

Talk to a benefits counselor for more information about receiving your benefits while choosing work!

- **WORK INCENTIVES PLANNING & ASSISTANCE SERVICE: (866) 541-7005**

If you are still in school, talk to your parents, teacher and your IEP team.

Check out the back of this brochure for a list of agencies that can help you find a real job.

*Real Jobs are a  
Win/Win for Everybody!*

## What Agencies Provide Employment Services?

- AHEDD, Inc.  
(717) 763-0968
- ARC of Cumberland & Perry Counties  
(717) 249-2611
- Central PA Supportive Services (CPSS)  
(717) 901-5099
- Goodwill Keystone Area  
(717) 232-1831
- Living Unlimited  
(717) 526-2111
- OVR  
787-7834 or (800) 442-6352
- UCP Central PA  
(717) 737-3477



Tri-County Employment First  
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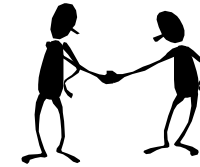
*Take Charge of  
Your Future ...*

# CHOOSE WORK!



*A Guide to  
Employment  
Supports &  
Services*

*Everyone can work  
and there is a real job  
for everyone!*



## Take Charge of Your Future – Choose Work!

### Start Taking Charge of Your Future...

**Real jobs** should be the **first priority & preferred outcome** for people with disabilities.

Many people with intellectual disabilities are successfully working in a variety of real jobs **PLUS receiving the support they need** to be successful at work. Many also **continue to receive all or many of their benefits** while becoming more independent.

There are many **helpful resources** that are available to help you to prepare for, find and be successful at your job.

This brochure has been developed by Tri-County Employment First, a collaborative group of people in **Dauphin, Cumberland & Perry** Counties who want to get the word out about real jobs and share information that **we hope will encourage you to...**

**...Take Charge of Your Future by Choosing Work!**

### Some common questions asked by individuals who Choose Work:

**I don't know how to find a real job. Is there anyone who can help?**

*Absolutely! You can contact your Supports Coordinator & the Office of Vocational Rehabilitation (OVR). Both help people with disabilities prepare for, start, and maintain a real job.*

**Will anyone hire me? What if I get a real job but have trouble keeping it?**

*Many people have these concerns. However, people with disabilities are hired every day. With the support of family, friends and the agencies listed in this brochure, a real job is possible for those who want to work.*

**I'm still in school – how can I get a real job?**

*There is funding available for people to obtain summer and after school employment. You can also seek employment on your own by determining a job that is appealing to you and applying for that job on your own. An employment coach can*

*assist you in maintaining your job from that point forward. Contact your Supports Coordinator to begin this process.*

**But I get SSI and/or SSDI – Won't I lose my benefits if I get a real job?**

*You may be able to continue receiving benefits while you work. You may also be able to earn more money than you receive now.*

- *Many SSI and SSDI beneficiaries can work and retain cash payments and medical benefits.*
- *It is possible for SSI and SSDI beneficiaries to work and come out ahead financially even if benefits are reduced.*
- *SSA offers special work incentives to help SSI and SSDI beneficiaries obtain education, training, or other work-related goods and services they might need to become employed.*

The Social Security Red Book is a general reference source about the employment-related provisions of Social Security Disability Insurance (SSDI) and the Supplemental Security Income (SSI) Programs. You may get a copy at:

<http://www.ssa.gov/redbook/>