



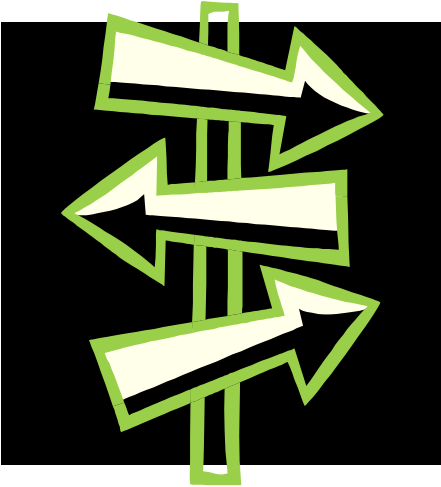
What are you  
going to do when you

# Graduate?

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Post-School Options for Teenagers  
with Intellectual Disabilities

# Introduction



Deciding what to do after you graduate from high school is hard. But you have a lot of choices and it is important that you think about all the choices before you make any decisions. This booklet will explain to you and your family what some of the options are after high school and how you can get some information about what interests you.

However, this booklet cannot tell you everything. It is just a place to begin. So when you find an option that sounds interesting, do some investigating like:

- surf the net;
- make some phone calls;
- talk to people you know;
- do some visiting.

You can make better choices if you see people and places in action.

We have included a list of some organizations and agencies at the back that may be helpful. This is not a complete list of every resource, it is just to help get you started. You can also check out the web-site for the Manitoba Supported Employment Network [www.msen.mb.ca](http://www.msen.mb.ca) for more information.

# Competitive Employment

Competitive employment is a term used to describe working in the community and earning at least minimum wage.



If you are interested in working in the community, either full or part time, and want to earn minimum wage or more, you might want to look into having a Supported Employment Agency help you. They can help you:

- Decide what work you want to do;
- Prepare a resume;
- By going to job interviews with you;
- By teaching you how to do the job;
- Learn to take the bus to work or make other transportation arrangements;
- By making sure things run as smoothly as possible after you learn the job;
- By helping with any problems that may come up.

Some of the places you might work are at a store, in a restaurant, at a business or in a hotel. These are just a few of the options you may choose from.

If you need help from a support worker to do this, talk to your community service worker/ vocational rehabilitation worker and/or check the list of organizations and agencies at the end of this brochure or look under "Social Service Organizations" in the Yellow Pages. You can also check out the Manitoba Supported Employment website at: [www.msen.mb.ca](http://www.msen.mb.ca)

# Work Experience

If you're not sure whether you're interested in Competitive Employment (paid work), you might want to try some Work Experiences. This option lets you try different things and might help you decide what you want to do in the future. You may learn new work skills, collect references, and build more confidence. You may also do work experience while still in school.



Work Experiences are in the community and you will have a chance to meet new people and learn and try new things. Some organizations or agencies also offer leisure or recreation activities along with your work experience. Choosing this option means you will not get paid to do your job but you might find a paid job in the future.

A Supported Employment Agency can help you find a Work Experience and can also help to teach you how to do your job. If you need extra support, you can ask your Community Service Worker whether you qualify for individualized or one-to-one support.

If you need help from a support worker to do this, talk to your community service worker and/or check the list of organizations and agencies at the end of this brochure or look up "Social Service Organizations" in the Yellow Pages. You can also check out the Manitoba Supported Employment website at:

**[www.msen.mb.ca](http://www.msen.mb.ca)**

# Volunteering



You might want to do volunteer work. Volunteering lets you spend your time doing things you are interested in by helping different people with different things.

For example, you might help older people who live in a nursing home, help out an arts organization like the Fringe Festival or help out a non-profit organization by doing

mail outs or helping with data entry. An example of a non-profit organization is Winnipeg Harvest.

When you volunteer, you don't get paid to do your work. But you do get to be out in the community, meeting new people and learning new things. Volunteering helps you build your resume and collect references in case you decide you want a paying job later on. You will also be helping out an organization that relies on volunteers to help others. Volunteering is a good way to give your time and contribute to your community. Remember, volunteering is something you can start while you are still in high school.

If you need help from a support worker to do this, talk to your community service worker and/or check the list of organizations and agencies at the end of this brochure or look up "Social Service Organizations" in the Yellow Pages. You can also contact the Volunteer Centre of Winnipeg at 452-0756 or [www.volunteerwinnipeg.mb.ca](http://www.volunteerwinnipeg.mb.ca) or the volunteer centre in your area.

# Continuing Your Education

You might want to take some classes to further your education after high school. For example, you might want to take classes at the University of Manitoba through the "Campus Life". This program can:

- help you decide what courses to take;
- help you with course work and assignments; and
- help you with tests and exams.

If you are looking for something more practical, you can also take classes at places like Winnipeg Technical College or Red River College. Skills you might learn include cooking and baking, computer programming and working with young children in a day care setting. These can be full or part time options.

If you enjoy learning and you want to see what university or college is like, this option might be for you.

If you need help from a support worker to do this, talk to your community service worker and/or check the list of organizations and agencies at the end of this brochure. You can also look up "Social Service Organizations in the Yellow Pages.

For more information on "Campus Life", call Program Coordinator Lynne Cantor at 474-7946.



# In-House Work Facilities



Some people decide to work in special settings with other people with disabilities. This type of work may be called in-house work, facility-based work, or vocationally-focused work.

In-house work facilities get contracts from businesses to do certain jobs. So the kinds of jobs you will do depend on those contracts. Some examples may include sorting things, packaging items together, weighing items, and/or sealing plastic bags.

Most people in this setting will be paid a small wage, sometimes called a "training wage" or an "honorarium". This wage is usually less than minimum wage.

If you need help from a support worker to do this, talk to your community service worker and/or check the list of organizations and agencies at the end of this brochure or look up "Social Service Organizations" in the Yellow Pages.

# Activity Based Programs

If you do not want to work or cannot work, you could be part of an activity program during the day. These programs, also called personal development programs, are designed for people with disabilities so you will meet mostly other people with disabilities.

Here are some of the things you might do at this kind of program:

- Arts and crafts;
- Puzzles;
- Games
- Computer activities;
- Visiting;
- Outings like swimming, bowling, shopping at the mall; visiting parks or the zoo.



Staff members are there to help you with the different things to do.

People in Day Activity Programs do not earn any money because it is a more of a recreation program.

If you need help from a support worker to do this, talk to your community service worker and/or check the list of organizations and agencies at the end of this brochure or look up "Social Service Organizations" in the Yellow Pages.



# Living in Friendship Everyday

## In The Company of Friends



There is another way that you may be able to receive support, through a program called, "In the Company of Friends". Being a part of this program allows you to have more control in

directing your own life and making your own choices. In the Company of Friends is different from other agencies and organizations mentioned in this booklet so far. Here is how it works:

1. Instead of an agency getting funding to support you, you receive funding directly. This money will be spent by you according to your living and support needs. You, along with your loved ones and friends, will be able to decide and plan for all you need and want in your life.

2. You will be surrounded by a support network. Support networks are made up of people you choose like your family and friends who you spend time with. They are people who are interested in your well-being and who will make a commitment to helping you make decisions to live the life you choose.

You will be able to decide what your priorities are, how you'd like to spend your time and you will be able to hire the staff you need to reach your goals.

If you would like to learn more about LIFE and "In the Company of Friends", you can call the Executive Director, Margo Powell, at 772-3557. You can also e-mail her at [life2@mts.net](mailto:life2@mts.net).

# Frequently Asked Questions

**Q. I have heard that my son might not be entitled to funding after he finishes high school. Is this true?**

*A. Yes. Although adults with intellectual disabilities are not automatically guaranteed to receive any services in Manitoba, most receive at least some support.*



**Q. Someone told me the government gives different kinds of day time funding for different amounts of time. I'm confused.**

*A. Funding issues can be confusing. If an adult receives funding for day support, this funding may come from different government departments.*

*An individual may receive funding through Family Services and Housing's Supported Living Program. This support is for "eligible adults with a mental disability". Day time options provided by this program include supported employment and follow up services, services with a vocational focus and personal development services. If that individual is not eligible under the Supported Living program, he or she may be eligible for funding through the Vocational Rehabilitation Program. This program is to help "eligible adults with a disability" to become employed.*

*Generally, Supported Living funding is longer term than Vocational Rehabilitation funding.*

*Because each person's situation is different and unique, check with your Community Service Worker to get an explanation of what kind of funding your family member may be eligible for and the details of that funding.*

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**Q. I have heard the phrase "sheltered workshop". What does it mean?**

*A. The term "sheltered workshop" has been used to identify in-house or facility-based work.*

**Q. I have heard the phrase "community-referenced". What does it mean?**

*A. Community-referenced can mean that people in an in-house or facility-based program or service spend some of their time out in the community. The amount of time spent in the community can vary and may be spent doing leisure activities, volunteering or doing some work.*

**Q. The social worker is recommending a program for my family member. What if I don't want this option?**

*A. It is up to you and your family member to decide which type of day time supports best suit you. You can follow up with the recommendation by looking into that option. You can also explore other options before you make a final decision.*

**Q. I would like to visit some different programs and services. What should I look for?**

*A. Here are some suggested questions to think about\*:*

- *What are the beliefs the program has about supporting adults with intellectual disabilities?*
- *How individualized and flexible is the program to meet the needs of a variety of different individuals?*
- *What kind of planning is done to set expectations and goals for the individual?*
- *What will be done to meet those goals and expectations?*
- *What kind of process is there to review accomplishments and set new expectations and goals?*
- *What is the environment like? (Where is it? What message does it send to others? Is it appropriate for the individual?)*
- *What actually happens during the day, how does it happen, and with whom?*

*\* As adapted from Stephanie Bruni, "Issues in integrating handicapped children into typical educational settings"*

# Some Organizations & Agencies in Manitoba for Daytime Opportunities

## **Winnipeg**

- Connect Employment Services - 474-1959
- Hope Centre Day Services - 953-3513
- New Directions - 786-7051
- Norshel - 452-9955
- Premier Personnel - 949-1474
- Pulford Community Living Day Services - 284-0294 (ext. 203)
- SCE LifeWorks Inc. - 775-9402
- SJA I Employment Services - 888-5422
- Society for Manitobans with Disabilities (SMD), Winnipeg - 975-3101
- Transcona-Springfield Employment Network Inc. - 777-0302
- Urban Entrepreneurs with Disabilities Program, ILRC - 947-0194
- Versatech Industries Inc. - 956-9700
- Vocational Rehabilitation Services (VRS), Winnipeg Region - 945-1335
- Work and Social Opportunities (WASO) - 667-9494

## **Central**

- Employment Support Program, Altona - 324-5873
- Supported Employment Program SAM Inc Portage La Prairie - 857-6560

# Organizations cont'd

## **EastMan**

- Eastman Employment Services, Steinbach - 326-4099
- Supported Employment Options, Beausejour Community Living - 268-4653

## **Interlake**

- Interlake Employment Services - Stonewall: 467-2061;  
Selkirk: 482-2133
- Society for Manitobans with Disabilities (SMD), Selkirk -  
1-888-831-4213
- Vocational Rehabilitation Services, Selkirk - 785-5180

## **Northern**

- Thompson Supported Employment Program, TSEP - 677-8322
- Supported Employment Project, The Pas - 623-6815

## **Parkland**

- Employment Support Program, Dauphin - 629-2130
- Focus on Employment, Swan River - 734-9675

## **Westman**

- Career Connections, Brandon - 728-9594
- Westman Coalition for Employment Opportunities, Brandon -  
726-6178

# Perspectives in Change

## Phase II

This booklet was conceived and designed by the following Community Partners who have generously donated their time and efforts:

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It was designed in response to the needs of individuals and their families who want a better understanding of the options and opportunities available in adult life. It does not endorse any particular approach or service provider.

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**Perspectives in Change  
Phase II**

**2007**