

# Choosing Community-Based Employment

## Basic ideas

Having a job means different things to different people. For many people with disabilities working is an important part of who they are. For many, it is also important to be “integrated” in the community—to be working with all kinds of people.

- “My mother expected me to go to college and get a job.” ~ Carol
- “Work makes me feel good.” ~ Kenisha
- “The Green Mill wanted to hire me.” ~ Caleb
- “The DB101 workshop helped me understand benefits. Bring a friend.” ~ Heidi
- “My job search took four years, but it was worth it. I have the job I want.” ~ Jeffrey

## Benefits of work

Make friends

Earn money

Feel a sense of purpose

Do something you love

Build relationships

Develop skills & interests

Benefits like insurance or healthcare



## What can you do next?

- Connect with people who know about employment and who can support your goals.
- Spend time learning about careers online or from people in the community.

## Want to Learn More?

- Disability Benefits 101 <https://mn.db101.org/>
- SAO Speaking Up <http://www.selfadvocacyonline.org/learning/speakingup/>
- *What Color is My Parachute? 2016: A Practical Manual for Job-Hunters and Career-Changers* <http://www.jobhuntersbible.com/>
- Make Work a Part of Your Plan website <https://mpccp.umn.edu/Employment>

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