

# News For Youth

## Transitioning To Work As A Young Adult With Disabilities

(NAPS)—As young adults prepare to leave school and enter the workforce, Social Security's Ticket to Work program can help make that a successful transition.

The Ticket program supports career development for people ages 18 through 64 who receive Social Security Disability Insurance (SSDI) or Supplemental Security Income (SSI) due to a disability and want to work. Through authorized service providers, individuals can receive employment services and supports such as help identifying their work goals, developing interviewing skills and writing a resume, finding a job, and understanding how working and earning income will affect their disability benefits. For young adults with little or no previous work experience, these services can ease their entry into the workforce.

Finding a first job can feel daunting, but Ticket to Work service providers, which include State Vocational Rehabilitation (VR) agencies and approved organizations called Employment Networks (ENs), have the know-how to make the process smoother. These service providers work with individuals to set their employment goals and then create a plan to achieve them. This plan may include vocational training, internships and other educational opportunities to learn and develop skills that will help them reach their career goals.

Once an individual finds work, a Ticket to Work service provider can continue to provide important post-employment services and supports, such as help requesting reasonable accommo-



**Getting a job after graduation can be made easier for young people with disabilities.**

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dations or changes to the work space or job duties. They can also offer career counseling to help them adjust to the workforce and navigate protocols for the workplace and develop soft skills, such as time management and communications. For young adults with disabilities, this can lead to increased confidence and motivation to think about their long-term career goals.

If you're a young adult who is eligible for Ticket to Work, start on the path to financial independence through work with the services and supports you need. Call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. –8 p.m. ET. If you qualify, a representative can also refer you to a Work Incentives Planning and Assistance (WIPA) project for benefits counseling or send a list of service providers to help when you're ready to start working. Or, you can visit <https://choosework.ssa.gov> to learn more and search for service providers on your own.