

TD's Tips!

Vocational Rehabilitation Services



What can I do?

1. Whether you have a Vocational Rehabilitation (VR) Counselor or you want to learn more, watch [this video](#) to get the scoop on their services.
2. Explore topics with your transition team that you want a VR counselor to help you learn more about.
3. Click [here](#) to find your state's Vocational Rehabilitation department.
4. Explore your state's VR website. If you do not have a VR counselor yet, find the contact information for "transition services" and phone number on the website.

Pro Tip!

If you do not have a VR counselor, use the contact information you found on your state's website to connect and set up an intake appointment. Ask your transition team who could help you navigate the process and be an advocate together with you.

How about an ultimate challenge?

When speaking with your current or new VR counselor, invite them to your next meeting with your transition team.



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This tip sheet is aligned to the "Employment" lesson plan. You can search in the "resources" page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!