

## Things you may need to know:

**Independence:** having skills that allow an individual to live more freely.

**Eligibility:** meeting the requirements to be a part of these programs.

**Transition:** moving from one stage of life or environment to another.

**Vocational Rehabilitation (VR):** assisting people who would like to find or return to work.

**Community Living (CL):** assisting people who would like to live more independently, and participate more fully in their community.

**Financial Restrictions** – we are a need-based agency and not an entitlement program. Some services are subject to financial need – please see your counselor.

**Age Requirements** – young adults should begin this transition process two years prior to graduation from high school or turning 22 (whichever comes first).

**Signature** – if you are under 18 years of age, you will need a parent or legal guardian signature to begin working with MRC.

To begin the process we will need your Social Security number.



## Ready to learn more?

Contact your local MRC Staff Person:

**1-800-245-6543**

**mass.gov/mrc**

### Our Mission:

To promote equality, empowerment and independence of individuals with disabilities. These goals are achieved through enhancing and encouraging personal choice and the right to succeed or fail in the pursuit of independence and employment in the community.

Community Living • Work • Disability Benefit Planning



Creating Opportunities For Independent Living And Work

Find us on Facebook.



# Creating Your Independent Future

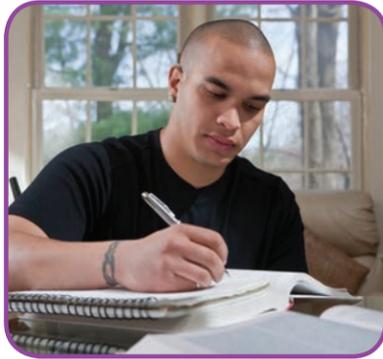


**Services for young adults transitioning from high school**



# Getting to Know You

## Will MRC be a Good Fit for You?



Do you have learning, emotional, medical or physical difficulties?

Do these difficulties make it hard for you to keep up in school, or to get and keep a job?

Do you have independent living needs and goals?

If so, you may be eligible to partner with MRC and begin working towards achieving your goals for an independent future.



## Who We Are

MRC is an agency that is here to guide you through the transition from high school to your options of independent living and work. We will assist you in identifying your strengths, interests, and areas where you may need more support.

## Getting Started

To create your unique plan for independence, an MRC Staff Person will gather information regarding your medical and work history. Other information may be gathered from your counselors, teachers, and family members. It is important to meet with us while in high school.



# Planning For Your Future

If we find that MRC will be a good fit for you, your team will be assigned so we can begin planning for your future.

## Setting Your Goals

With an MRC Staff Person, you will identify goals and write a service plan based on your individual needs. The following opportunities **may be** included in your plan:

- assessments
- assistive technology
- counseling and guidance
- education and training after high school
- financial and benefits planning
- home care
- independent living
- job placement and coaching
- identifying transportation options
- resume and interview skills building
- social interaction & networking
- referrals to other community resources



# Achieving Your Goals



## Finding Your Independence

You will work with an MRC Staff Person to put your plan in motion. You will need to be an active participant in reaching your goal for an independent future.

## Your Job Goals

You will work with our staff to develop your skills and determine which type of job may be a good fit for you.



Together we will search for jobs, write your resume, complete applications, and prepare for interviews. You may also participate in job clubs and hiring events.

Once you start a new job, your MRC Staff Person provides support for transition and assists

with any issues that may arise. For the best possible results, stay in contact with your MRC Staff Person.

## Your Community Living Goals

If your goal is to find your own place, live in a college dorm, or to move more freely in your own home, contact our staff to discuss your needs.

## Your Next Steps

If you are interested in learning more about how MRC may be able to assist you in transitioning from high school to independent living and work, please contact us using information on the back of this brochure.