WHERE DO I START?

☐ Talk to your Supports Coordinator, if you already have one or call to schedule an Intellectual Disabilities intake if you don’t have a Supports Coordinator;

  • If you live in Dauphin Co., call CMU: (717) 232-8761 or (866) 820-3516
  • If you live in Cumberland or Perry Co., call Cumberland/ Perry MH/ IDD Services: (717) 240-6320 or (866) 240-6320

☐ Talk to a benefits counselor for more information about receiving your benefits while choosing work!

  • WORK INCENTIVES PLANNING & ASSISTANCE SERVICE: (866) 541-7005

☐ If you are still in school, talk to your parents, teacher and your IEP team.

☐ Check out the back of this brochure for a list of agencies that can help you find a real job.

Real Jobs are a Win/ Win for Everybody!

What Agencies Provide Employment Services?

- AHEDD, Inc. (717) 763-0968
- ARC of Cumberland & Perry Counties (717) 249-2611
- Central PA Supportive Services (CPSS) (717) 901-5099
- Goodwill Keystone Area (717) 232-1831
- Living Unlimited (717) 526-2111
- OVR 787-7834 or (800) 442-6352
- UCP Central PA (717) 737-3477

A Guide to Employment Supports & Services

Everyone can work and there is a real job for everyone!
Take Charge of Your Future - Choose Work!

Start Taking Charge of Your Future...

Real jobs should be the first priority & preferred outcome for people with disabilities.

Many people with intellectual disabilities are successfully working in a variety of real jobs PLUS receiving the support they need to be successful at work. Many also continue to receive all or many of their benefits while becoming more independent.

There are many helpful resources that are available to help you to prepare for, find and be successful at your job.

This brochure has been developed by Tri-County Employment First, a collaborative group of people in Dauphin, Cumberland & Perry Counties who want to get the word out about real jobs and share information that we hope will encourage you to...

...Take Charge of Your Future by Choosing Work!

Some common questions asked by individuals who Choose Work:

I don’t know how to find a real job. Is there anyone who can help?

Absolutely! You can contact your Supports Coordinator & the Office of Vocational Rehabilitation (OVR). Both help people with disabilities prepare for, start, and maintain a real job.

Will anyone hire me? What if I get a real job but have trouble keeping it?

Many people have these concerns. However, people with disabilities are hired every day. With the support of family, friends and the agencies listed in this brochure, a real job is possible for those who want to work.

I’m still in school – how can I get a real job?

There is funding available for people to obtain summer and after school employment. You can also seek employment on your own by determining a job that is appealing to you and applying for that job on your own. An employment coach can assist you in maintaining your job from that point forward. Contact your Supports Coordinator to begin this process.

But I get SSI and/ or SSDI - Won’t I lose my benefits if I get a real job?

You may be able to continue receiving benefits while you work. You may also be able to earn more money than you receive now.

- Many SSI and SSDI beneficiaries can work and retain cash payments and medical benefits.
- It is possible for SSI and SSDI beneficiaries to work and come out ahead financially even if benefits are reduced.
- SSA offers special work incentives to help SSI and SSDI beneficiaries obtain education, training, or other work-related goods and services they might need to become employed.

The Social Security Red Book is a general reference source about the employment-related provisions of Social Security Disability Insurance (SSDI) and the Supplemental Security Income (SSI) Programs. You may get a copy at:

http://www.ssa.gov/redbook/