



Frequently Asked Questions About . . .

Vocational Rehabilitation

The Minnesota Vocational Rehabilitation Program

www.mnwfc.org

Who is vocational rehabilitation for?

The Minnesota Vocational Rehabilitation Program, VR, is for people with significant disabilities who want to get or keep a job.

How do I find out if I can get VR services?

Qualifying for VR services is a two step process. In the first step, your eligibility is determined. This is based mostly on whether you have a physical or mental condition that makes it difficult to prepare for, get or keep work. In the second step, the seriousness of limitations caused by the condition is determined. Reports, such as reports from your doctor, can be helpful. If you don't have a report or other information needed for your application, a VR counselor can get it for you. You will be asked for information about limitations in **B**

- Getting from one place to another
- Talking and listening to others
- Taking care of yourself
- Making plans or carrying out plans
- Getting along with people
- Your work strength and skills

Sometimes there are so many eligible people asking for VR services they can't all be served. When that happens, VR will serve persons with the most serious limitations first. If you can't be served, you will be given information about other services that might be helpful.

How long does it take to find out if I can get VR?

After you apply, your VR counselor will tell you in 60 days or less. If more time is needed, your counselor will let you know and ask your permission to take longer.

How soon can services start?

There is a waiting list for services. Services will start once your name is removed from the list and you and your counselor agree on a written plan.

What can VR do for me?

People use VR services **B**

- To keep a job
- To find a job
- To make and carry out a written plan for reaching your job goal

There are many VR services. You choose the services that fit your needs.

Examples of VR services are:

- Counseling
- Training & Education
- Services for keeping a job
- Job placement
- Equipment / Assistive Technology

For More Information contact
The State of Minnesota
Rehabilitation Services – VR

In the *Twin Cities Metro Area*
651-296-5616
TTY: 651-296-3900

In *Greater Minnesota*
800-328-9095
TTY: 800-657-3973

Or contact the *Minnesota Workforce Center* near you.

1-888-GET-JOBS (1-888-438-5627)
TTY: 1-800-657-3973 or 651-296-3900

On request, this information is available in alternate formats.

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Frequently Asked Questions about Vocational Rehabilitation...

Counseling VR counseling helps people make choices about their jobs and careers. If your goal is keeping a job, you and your VR counselor will talk about what you need at work to be successful. If you aren't sure about the work you want to do, you will talk about what you are good at, your interests and how to get the answers you need.

After your plan is approved, a counselor will meet with you from time to time – to talk about your progress, to be sure your plan is still working for you, and to talk about anything important for your success.

Training & Education If you need new work skills, training on the job or at a school makes good sense. If you don't know the exact training you need, a VR counselor can help you find it.

Services for keeping a job Modifying a work station, getting the right equipment, or changing your hours of work can sometimes make the difference between keeping or leaving a job. VR counselors are experts at finding solutions. If you already have a job you like, VR can help you keep it.

Job Placement If you need information about planning a job search, finding job leads, or talking to employers, VR job placement services can help.

Equipment / Assistive Technology The right equipment can make a difference when you go to school, look for work, or do your job. Equipment can be the right desk chair or an electronic speech device. Equipment and assistive technology are often an important part of your VR services.

How much does VR cost?

There is no charge for counseling, job placement, and several other VR services. For some purchased services, if you can afford to, you will be asked to pay part of the cost. A sliding fee schedule based on family income applies.

Do I have choices?

Yes. Using VR services and the best information available, you are supported in making informed choices about your goal, your services and who provides them. If you want to develop a plan on your own, or with the help of someone you choose, you can do that too. Your plan must be right for you.

Does my plan have to be approved?

Yes. In order for VR funds to be spent, your counselor must determine:

- If it's reasonable to believe that your plan will lead to a job,
- If the services in your plan are those needed to reach your goal, and
- If the plan is complete.

How long do VR services last?

In general, VR services continue as long as you are making progress toward the goal in your written plan. After you are employed, VR will provide follow-up services for at least 90 days before closing your case. If you need services later, your VR case can be re-opened.