



## What is Vocational Rehabilitation?

As your child progresses through adolescence, it's important to think about what comes after high school. Some young adults will continue their education with help from state and local programs, while others may want to enter the work force. Vocational rehabilitation (often called Voc Rehab) is a program that helps people with disabilities get and keep jobs.

The federal Rehabilitation Act of 1973 authorized grants for state-run vocational rehabilitation services for people with disabilities. If someone already receives disability benefits from the government, they may automatically qualify for vocational rehabilitation services. These services help individuals enter or return to the workforce. The support offered by vocational rehabilitation may include:

- A personal assessment of their disabilities
- Job counseling and guidance
- On-the-job training
- Transportation while receiving services
- Personal assistance and job coaching
- Help finding a job
- Financial assistance, if needed

To access vocational rehabilitation resources in your state, you can visit the [U.S. Department of Education online](#) or check with your local Social Security office to find the nearest service location.

*Reviewed by Senior Director – Clinical Strategy, Research & Autism, LCSW, BCBA, CCM*



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