

Finding Meaningful Employment

Our Experiences

"I once worked with a day program whose goal was to help me find employment. Because I love animals– especially horses–I was placed in a cashier role at a tractor supply company. At first, it seemed like a great fit.

However, the job required fast cash handling, constant customer interaction, long periods of standing, and lifting up to 50 pounds. I work more slowly with money, struggle with prolonged standing, and could only lift about 20 pounds at the time. Before officially starting, I realized the job was not the right fit for my abilities.

This experience taught that finding the right job isn't just about passion–its about matching your strengths and needs with the demands of the role." – **Nicole**

Thinking about Employment

- Talk with family, teachers, mentors, and peers about your goals and how to prepare for work.
- Keep an updated resume with your work, volunteer experience, school projects, and community involvement.
- Identify your interests, skills, and values. Identify hard skills (writing, editing, technical skills) and soft skills (communication, teamwork, leadership).
- Try job shadowing or volunteering to learn more about jobs that interest you.
- Keeps a list of teachers, employers, or mentors who can serve as references.
- Research job requirements, needed training, and possible accommodations.
- Focus on your skills and strengths. Aim for employers that interest you and think about the work environment that works best for you. (Ex: Do you prefer hybrid or inperson work?)
- Ask yourself if the environment fits you. Consider the pace, physical tasks, schedule, and expectations.
- Utilize disability-friendly job boards such as LinkedIn or Ability.

Parent Information Center
YEAH Council
New Hampshire Family Voices®



"On my application for my job it asked if I had a disability or not. I put that I did have one. When I met with my manager I went over my accommodations that I had used that were helpful. Some of the ones that I am using are to get a break when I need it and to have extra help understanding or learning something for the first time." - **Yeah Council Member**

"I've had an internship that I really enjoyed, and my second job, although I loved my coworkers, wasn't always enjoyable due to the tedious tasks. My most recent job in retail was both good and bad.

It made me realize that I need to have a consistent schedule and that having schedule changes was not the best for me, and made me really anxious." – **Abby**

Workplace Accommodations

The Americans with Disabilities Act (ADA) defines a workplace accommodation as a change or adjustment that helps a qualified person with a disability apply for a job, perform job duties, or access equal opportunities at work.