

Time to Get Serious

Fill out important work preferences so you can communicate to others.

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Work Together NC



Work Together NC is a statewide initiative focused on the transition to adulthood for people with intellectual and developmental disabilities (IDD). Visit worktogethernc.com

Your one-stop resource hub for finding resources and services. Create action plans to achieve your goals in the areas of employment, postsecondary education, community living, and more.

Inclusion Works is a North Carolina Department of Health and Human Services (DHHS) initiative to increase Competitive Integrated Employment (CIE) opportunities for people with IDD. Work Together NC and WISE are collaborating with Inclusion Works to implement new processes across the State and expand Supported Employment services. The What's Next Employment Toolkit is being used in the employment assessment process to support individuals with developing their career development plans.

WORK LOGISTICS

What form(s) of transportation would you use to get to work?



Public bus



Drive myself



Someone else will drive me in a car



Paratransit



Subway



Taxi



Uber/Lyft

Other-write here:



Not Sure

WORK LOGISTICS

Transportation

- Public bus
- Drive myself
- Someone else will drive me in a car
- Paratransit
- Subway
- Taxi
- Uber/ Lyft
- Not sure
- Other- write here:

[NC Counties](#) I am open to looking for work:

Length of shift I can work in a day:

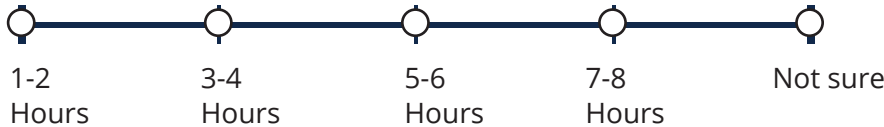
- 1-2 hours
- 3-4 hours
- 5-6 hours
- 7-8 hours
- Not sure

Number of days a week I can work:

- 1-2 days
- 3-4 days
- 5-6 days
- Everyday
- Not sure



What length of shift would be a good fit for you?



How many days a week do you like to work?



PERSON ENVIRONMENT FIT

Mark your preferences for what kind of environment you want to work in.

IDEAL WORK ENVIRONMENT



Indoors



A bit of both



Outdoors

Not sure

- Indoor
- Outdoors
- A bit of both
- Not sure



Calm & Quiet



A bit of both



Busy, may get loud

Not sure

- Calm & quiet
- Busy & loud
- A bit of both
- Not sure



Work mostly alone



A bit of both



Work mostly with other people

Not sure

- Work alone
- Work with others
- A bit of both
- Not sure



Work at home



A bit of both



Work in the community

Not sure

- Work at home
- Work in the community
- A bit of both
- Not sure



Work mostly behind the scenes



A bit of both



Work mostly with customers

Not sure

- Work behind the scenes
- Work with customers
- A bit of both
- Not sure

WORK PREFERENCES

Mark your preferences for work even if it is somewhere in the middle.

WORK PREFERENCES

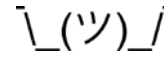


The same work hours every week

A bit of both



Flexible work hours



Not sure

- Same work hours every week
- Flexible work hours
- A bit of both
- Not sure

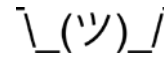


Similar, routine tasks

A bit of both



Variety, change tasks up often



Not sure

- Similar, routine tasks
- Variety, change tasks up often
- A bit of both
- Not sure

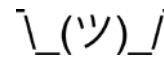


Slow paced environment, I don't like to feel rushed.

A bit of both



Fast paced environment, I am high energy!



Not sure

- Slow paced, environment, I don't like to feel rushed
- Fast paced environment, I am high energy
- A bit of both
- Not sure

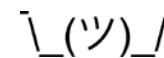


Sit for most of my shift

A bit of both



Be active, moving most of my shift



Not sure

- Sit for most of my shift
- Be active, moving most of my shift
- A bit of both
- Not sure



SUMMARY SHEET

Use this sheet to summarize important considerations for finding a workplace that matches your needs and preferences.

Name _____

Work Logistics (P2)

NC Counties I am open to looking for work:

Length of shift I can work in a day:

Number of days a week I can work:

My Ideal Work Environment (P3)

My Work Preferences (P4)

NOTES:





GOAL SETTING

What is a dream?

Think big! If you could be anything, do anything, what would it be? A “Dream” is whatever an exciting future looks like for you.

What is a goal?

A goal is often related to your dreams, but it is something that you want for yourself that can be accomplished within 6 months.

What is an action step?

An action step is a way that you can break down your goal into something smaller, which can be accomplished within 1 week.

Dream Area is... (Circle One)

My Dream:



HOME LIFE



COMMUNITY LIFE



CAREER/ EDUCATION

Goal:	Action Steps for this goal:	Plan or set a time:
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Add Action Steps to your Planner too!



Work Together NC

