

# EMPLOYMENT:

## HOW PARENTS CAN SUPPORT AND ADVOCATE FOR THEIR YOUTH

# ASSIST

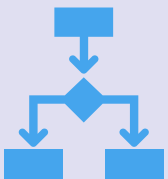
Advocating for SupportS to Improve Service Transitions

Feel free to place this document with the “Employment 1” materials in your binder. Remember to use these tips while also supporting your young adult to self-advocate!



### Talk about your youth’s interests and skills

Talk with your youth about career interests, job skills, and job opportunities in his/her fields of interest. Share challenges and successes that you experienced while finding a career path.



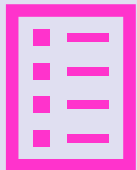
### Evaluate different employment models

Discuss different employment models with your youth to determine which one is the best option for him/her: supported employment, competitive employment, customized employment.



### Identify job openings

Help your youth identify 1 – 3 job openings in your local area that may be a good fit.



### Help your youth prepare materials

Encourage your youth to prepare a resume, one-page profile, electronic portfolio, and/or introduction email or letter to send out to potential employers.



### Use your network

Utilize your network to find open job opportunities and to connect employers with your youth. Advocate for your youth and share the value that his/her work would bring to the company!



### Set up interviews

Assist your youth in setting up informational interviews with people who are working in his/her desired work field. Help them prepare questions for these interviews.



## Be supportive

Be supportive and optimistic when your youth is applying to any job opportunities. Remind them that applying for jobs is a job in itself and that you are proud of them!



## Try mock-interviews

Practice mock interview questions that potential employers may ask your youth.



## Validate your youth's feelings

Explain that applying for jobs is a challenging process, and validate your youth's feelings if this process is making them anxious or frustrated.



## Practice communicating with people at work

Practice soft skills and ways to communicate with different types of people in a work setting: a boss, team member, customer, etc.



## Celebrate!

Celebrate your youth's successes: from finding an opening they are interested in and completing a job interview to gaining employment, each step of the way can be acknowledged and celebrated!



## Help your youth learn from the challenges

Help your youth learn from past challenges. If your youth had a negative experience at work, discuss the reasons why this happened, how to prevent it from happening again, and what to do next time. Focus on the lessons learned instead of the negative feelings the memory brings.



## Tell your youth about peer supports

Let your youth know about Job Club at The Arc where they can discuss these things with peers. For more information on this club, please email David Griffin at [dgriffin@thearctn.org](mailto:dgriffin@thearctn.org).

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Improve Service Transitions

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