



I Don't Feel Ready to Go to College or Get a Job....

If you don't feel like you are ready to apply for college or a job right now, there are other options.

Post-High School Programs

Some high schools offer a program for students, ages 18-21 who have graduated from high school but need more instruction before deciding what to do in the community. These programs generally offer intensive training on vocational and independent living skills. They will also help you develop academic skills necessary for life after school. You may get a job with a job coach or find a volunteer activity where you can learn new skills. You will also have the opportunity to develop social skills by participating in community activities. Ask your school if they have such a program.

Day Support Programs

Day Support is a place where you can go during the day for structured activities, learning and community activities. Your goal may be to attend one of these programs to get the skills you need to get a job, go to a college or training school, or your goal may be to stay in the day support program long-term. These programs offer you the opportunity to participate in activities that will help you learn self-help skills, social skills, community living skills and decision-making skills. These programs are generally covered by Medicaid Waiver. Contact your local Community Services Board for more information.

Volunteer in the Community

What do you like to do? Maybe you can find a volunteer activity in the community where you can do what you like to do and get valuable work experience at the same time. Do you like animals? Maybe you can volunteer at a place that cares for animals. Do you like to talk? How about volunteering at a local nursing home to visit and talk to older people who may not have many visitors? You can find volunteer opportunities in your local newspaper, on line and by talking to people in your neighborhood.



Leisure and Fun

Adult life is not all about learning and working! Figure out what it is you enjoy doing and find a place where you can do it with other people. Do you enjoy sports? You can join a gym, the local YMCA or an athletic club or team. Do you enjoy reading? How about a book club? If there is not one you feel comfortable joining, start one and invite your friends! If you have a church you like, find out what activities they offer and join in if it sounds like fun. Other activities might include getting involved in a political campaign, join a club dedicated to an interest you have, take a class in an arts and crafts or cooking, take guitar lessons, start a new hobby and find others in your area who enjoy the same thing...in other words, get involved!

What If I Need Help?



If you need help or support to do any of these things, that is okay!! We all need help sometimes. This is a part of learning to be an adult. You may need someone to go with you to an activity and you may need support to learn how to do things by yourself. You may choose to take a family member for support or you may have a personal aide. You may also find a mentor in your community who can help you as you explore your options. Use whatever help you need to get out there and get involved in an activity that you enjoy. Figure out what you enjoy doing and want to do and then figure out what supports you need to make it happen!



1512 Willow Lawn Drive, Suite 100, Richmond, VA 23230
800-552-3962 or 804-225-2042
Fax: 804-662-7057
Email: info@dLCV.org; Web: www.dLCV.org

dLCV publications are available in alternate format, upon request.