

EMPLOYMENT SUPPORT

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STEP 1: FIND OUT IF VOCATIONAL REHABILITATION (VR) CAN HELP

VR is a program that helps people with disabilities prepare for, find, and keep a job.

- Are you 18 or older?
- Do you have a disability?
- Do you want help finding, getting, or keeping a job?

If **yes** to all three questions, go to Step 2. You may be able to get help from VR services.

If **no** to any, go to Step 5 to learn about other resources and supports.

STEP 2: IDENTIFY THE HELP YOU NEED

- Do you need help finding a job?
- Do you need job training or education?
- Do you need technology, equipment, or other supports to work?

If **yes** to any question, VR may be able to help. Go to Step 3.

If **no**, go to Step 3 to explore other employment supports.

STEP 3: EXPLORE SUPPORTS TO HELP YOU SUCCEED AT WORK

- Do you need help getting to work?
- Do you need help keeping your job?
- Do you want to start your own business?
- Do you need ongoing support to stay employed?

If **yes** to any question, additional employment supports may be available. Go to Step 4.

If **no**, go to Step 5.

STEP 4: LOOK AT PROGRAMS FOR OLDER ADULTS

- Are you 55 or older?
- Are you looking for a job or job training?

If **yes** to both questions, you may qualify for employment and training programs for older adults.

Go to Step 5.

If **no** to either question, these programs may not be a good fit for you right now.

STEP 5: GET SERVICES & PLAN AHEAD

If you answered yes to questions that fit your situation, services may be available to help you reach your employment goals. **Next Steps:**

- Contact Vocational Rehabilitation (VR) to learn about available services.
- Ask about job training, job coaching, transportation, assistive technology, and other workplace supports.
- If you need long-term help to keep a job, ask about Extended Services.
- If you are 55 or older, ask about employment and training programs for older adults.
- Connect with community resources that can support your employment goals.

RESOURCES

- North Dakota Vocational Rehab: 701-328-8950 | email dhsvr@nd.gov
- Aging and Disability Resource Link of North Dakota (ADRL): <https://ndcarechoice.hhs.nd.gov/>
- Extended Services: www.ndextendedservices.org