

VESID District Offices

ALBANY DISTRICT OFFICE

80 Wolf Road
Second Floor
Albany, NY 12205
(518) 473-8097
(800) 272-5448

MALONE DISTRICT OFFICE

209 West Main Street, Suite 3
Malone, NY 12953-9501
(518) 483-3530
(800) 882-2803

SOUTHERN TIER OFFICES

BINGHAMTON OFFICE

44 Hawley Street
Binghamton, NY 13901-4470
(607) 721-8400
(800) 888-5010

ELMIRA OFFICE

244 West Water Street
Elmira, NY 14901
(607) 734-5294
(800) 888-5020

BRONX DISTRICT OFFICE

1215 Zerega Avenue
Bronx, NY 10462
(718) 931-3500

BROOKLYN DISTRICT OFFICE

55 Hanson Place, 2nd Floor
Brooklyn, NY 11217
(718) 722-6700

BUFFALO DISTRICT OFFICE

Donovan State Office Building
508 Main Street
Buffalo, NY 14202
(716) 848-8001
(888) 652-7062

HAUPPAUGE DISTRICT OFFICE

NYS Office Building
Veterans Highway
Hauppauge, NY 11788
(631) 952-6357
(800) 441-0320

HEMPSTEAD DISTRICT OFFICE

50 Clinton Street, Room 708
Hempstead, NY 11550
(516) 483-6510

MANHATTAN DISTRICT OFFICE

116 West 32nd Street, 6th Floor
New York, NY 10001
(212) 630-2300

MID-HUDSON DISTRICT OFFICE

301 Manchester Road
Poughkeepsie, NY 12603
(845) 452-5325
(877) 862-7342

QUEENS DISTRICT OFFICE

1 LeFrak City Plaza
59-17 Junction Blvd., 20th Fl.
Corona, NY 11368
(718) 271-9346

ROCHESTER DISTRICT OFFICE

109 South Union Street, 2nd Fl.
Rochester, NY 14607
(585) 238-2900
(800) 462-0178

SYRACUSE DISTRICT OFFICE

State Office Building, Room 230
Syracuse, NY 13202
(315) 428-4179
(800) 782-6164

UTICA DISTRICT OFFICE

State Office Building
207 Genesee Street
Utica, NY 13501
(315) 793-2536
(800) 624-6206

WHITE PLAINS DISTRICT OFFICE

75 South Broadway, First Floor
White Plains, NY 10601
(914) 946-1313
(800) 258-3743

or call: 1-800-222-JOBS



VESID Vocational Rehabilitation Services for High School Students

Q & A for students



The University of the State of New York
The State Education Department
Office of Vocational and Educational Services
for Individuals with Disabilities
Albany, NY 12234
www.vesid.nysed.gov
1-800-222-JOBS

Students who have work experience during high school are twice as likely to have a job and will earn more money after they leave school.

Do you know...

- What kind of job you want after you finish school?
- How to get that job?
- What you need to know before you can get that job?
- Where you can get the training or education you need?
- How long will this take?

VESID is...

the Office of Vocational and Educational Services for Individuals with Disabilities. If you are eligible, VESID's vocational rehabilitation program can help you to:

- Plan for your career,
- Obtain job coaching,
- Get training to achieve your work goals,
- Find a job that matches your abilities, interests and needs, and
- Work with your employer or college to make sure you receive reasonable accommodations when you need them.

Questions and Answers for students

1

Why should I be thinking about this while I am still in school?

The beginning of high school is when you should start planning what you will do after you finish high school. You will have time to learn about and try different career choices. Decisions you make at the beginning of high school affect how well prepared you will be when you leave school.

2

How can a Vocational Rehabilitation (VR) Counselor help me?

A VR counselor can:

- Give you information about careers and job opportunities to help you decide on a job goal.
- Suggest ways to find out about your abilities, interests and needs for help.
- Help you choose a work goal that fits your choices, needs and abilities.
- Make recommendations on how your school program can help you develop job skills.
- Help you find the training to prepare for your goal, whether it is college, trade school or on-the-job.
- Help you find a job and follow up to make sure it is the right job for you.

- Tell you who to talk to when you have questions about transportation, financial aid, work benefits and other concerns.

3

Who is eligible for these services?

You may be eligible for vocational rehabilitation services if you receive special education services or other help because you have a disability. A disability may be a medical condition such as diabetes or epilepsy, an orthopedic or other physical condition, or a mental, emotional or learning disability. The counselor will work with you to find out if you are eligible and what types of services you need to prepare for work. If you are eligible, you and your vocational rehabilitation counselor will plan a program to help you prepare to go to work.

4

Are vocational rehabilitation services only for students who are in special education?

No. The VESID vocational rehabilitation counselor works with all students in high school who have disabilities. If you are not in special education, ask your school guidance counselor about VESID.

5

But I don't want people to know I have a disability!

Information about you, including the fact that VESID is helping you, is kept CONFIDENTIAL. Information is only shared when you give permission to your counselor.

6

Where would I have to go for the training I need to get a job?

Job training may be available on college campuses, at business and trade schools, at community rehabilitation programs, or on the job.

7

It's my life. Who will make the decisions about my vocational rehabilitation program — me, my parents, my counselor or the school?

You will make the final decisions that fit your own career interests, abilities, choices and goals. The best situation is one in which everyone works together to plan the vocational rehabilitation program that will enable you to reach your career goals.

8

How do I get VESID's vocational rehabilitation services?

Your school will help you apply. The Committee on Special Education, your teacher, the transition coordinator, school nurse or guidance counselor can help you contact the VESID counselor. An appointment can be arranged at your school. If someone from your school does not talk with you about VESID by your senior year, you or your parents can call and make an appointment with a VESID counselor at the nearest VESID office.

9

When should I get VESID's vocational rehabilitation services?

We encourage you to apply during your last two years in high school.

10

Can I find information about career opportunities and jobs on my own?

Your school librarian can help. Ask to see the Occupational Outlook Handbook and the Dictionary of Occupational Titles.

Your school guidance counselor has many resources to help you make a career choice. Start looking now at these materials for ideas on exciting career and job opportunities. Ask for opportunities to visit jobs or to participate in work experience programs run by your school.

The Department of Labor also has a web site called Career Zone. Find it at <http://www.nycareerzone.org>



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Check it out...

More information about getting ready for adult life can be found at this web site:

<http://www.vesid.nysed.gov/specialed/transition/home.html>

This web site tells about planning careers, college, assistive technology, living on your own and other concerns that young adults have. It tells about different services and where to find help.

Take the first step...

To find the VESID office near you, call: **1-800-222-JOBS** (voice or TTY),

go to the website at:

<http://www.vesid.nysed.gov>

or email us at:

vesidadm@mail.nysed.gov

When you find out your VESID counselor's name and phone number, write the information here.