

# WHAT TO KNOW WHEN TRANSITIONING TO WORK OR COLLEGE



## Transitioning from youth to adulthood is exciting

People with disabilities can get support to go to college, start working, or become more independent. There can also be challenges. People may face different challenges. Disability Rights Tennessee (DRT) can help.

### What might some of these transitioning challenges be?

- ✓ Workplaces may not be accessible.
- ✓ Vocational Rehabilitation (VR) may deny services a person needs to be successful.
- ✓ A person may find a great job but needs help getting accommodations to do the job.

### HOW CAN DRT HELP?

The **Protection & Advocacy for Beneficiaries of Social Security (PABSS)** and **Client Assistance Program (CAP)** are two DRT programs that can help people with disabilities who experience issues during this transition to college or work.

## How can I get help from DRT?

### EMAIL OR CALL:

GetHelp@DisabilityRightsTN.org  
1-800-342-1660  
OR 615-732-6970

### I KNOW, SUPPORT, OR LOVE SOMEONE WHO NEEDS HELP. CAN I STILL CONTACT DRT?

Yes! Contact us using the information listed above.



*DRT uses interpreters to speak with you in your language, including ASL.*

All services offered by DRT are **FREE** of charge.

**WHAT IS THE PROTECTION & ADVOCACY FOR BENEFICIARIES OF SOCIAL SECURITY (PABSS) PROGRAM?**  
PABSS helps **Supplemental Security Income (SSI)** or **Social Security Disability Insurance (SSDI)** recipients who are facing barriers to work.

### How can PABSS help you?

- ✔ Work with you and your high school to create a transition plan
- ✔ Get the help or accommodations you need in college or other training programs because of your disability.
- ✔ Help you get reasonable accommodations to be successful at your job.
- ✔ Help resolve discrimination at your job.
- ✔ Help with receiving services from Vocational Rehabilitation (VR).

### WHAT IS THE CLIENT ASSISTANCE PROGRAM (CAP)?

CAP helps people understand and access Vocational Rehabilitation VR or “Voc Rehab”) and independent living (IL) programs.

**CAP is *not* part of VR. CAP is a program of DRT.**

### How can CAP help you?

- Answer your questions about VR and IL programs.
- Explain your rights and responsibilities.
- Provide advocacy or legal assistance.
- Resolve misunderstandings with VR and IL programs.

### Common issues that CAP can help with:

- Communication problems with VR Counselors.
- Conflicts about services you will get.
- Issues with Individualized Plans for Employment (IPE).
- Getting assistive technology (AT).
- Helping with service denials and the appeals process.



[www.DisabilityRightsTN.org](http://www.DisabilityRightsTN.org) • [GetHelp@DisabilityRightsTN.org](mailto:GetHelp@DisabilityRightsTN.org) • 1-800-342-1660

Disability Rights Tennessee (DRT) is the designated Protection and Advocacy (P&A) system in Tennessee, proudly serving people living with disabilities and/or mental illness across all 95 counties.

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