

Plan for Work

December 22, 2022

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Sam

1. What I want in a job

A job working with his horses - training horses, keeping up the barn and grounds, and helping kids learn more about horses.

Enough money to pay the bills, go on vacation and eventually have my own place.

2. What I don't want in a job

To work early mornings before 10:00am.

To be inside at a desk.

To be sitting still all day not using my hands.

To be around alcohol.

3. My interests

Riding and caring for horses

Fishing

Playing video games

Bowling

Taking pictures

4. My resources and supports

My mom and dad and brother Jeremy are my go to people, but my neighbors Jill and Bruce are like family too - they are my back up. My brother Jeremy lives within 10 minutes of me. I get together weekly with some friends to bowl or play video games. My case manager of 10 years, Lorraine, knows me well and is a big support. She gets me.

5. My transportation

My prarents, brother and neighbors mostly give me rides now. At my last job I car-pooled with co-workers which helped make sure I got to work on time. I have a bike and ride that if it is not too far.

6. My home

I live with my parents now. Would like to get my own place eventually but first I need to get a job and save up.

7. My talents, skills and knowledge

I am good with kids

Took a welding class so know a little about welding.

Mechanical - can fix things and work on small engines

I have been riding horses since I was two. They call me the horse whisperer

I am very outgoing and love to talk with people. I will have a conversation with anyone who is willing!

8. My experiences

I have three years experience working with kids - a classroom assistant with a second grade class.

Church mission trips - building garages - loves working with my hands

Working with my dad fixing things on the farm including tractors and small engines

Taking care of and training horses

Completed information interviews and tours of a boarding horse barn, a gas station and a bowling alley.

9. Things we learned

I liked the barn tours the best. But not big barns with lots of rules.

I don't like business side of managing a horse barn, but love tending to the horses and barn, as well as the customers.

I want to learn more about equine therapy.

Like jobs where I can interact with people - gas station I like because I get to talk to people.

10. My conditions for success

I need to work away from alcohol. I completed treatment and my sobriety is important to me. I need daylight or I get depressed. I need to be able to move around in a job and have a variety of things to do. Need supportive people around me. I like working outside (when the weather conditions are not extreme). I prefer school age kids, not really young kids or older tee

11. Possibilities and ideas for work

I now know I want to work in smaller barn, I like the one I toured but I am open to other barns in the area too. I am open to working somewhere with kids (like summer rec programs - but not at a daycare) or with small engine mechanics. I need to earn at least \$1,300 a month so I can pay for my car and insurance, and can start saving for my own place.

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Sam



■ What people like about me

- I'm outgoing, friendly and get along with people
- I always work hard
- I have a lot of experience with horses
- I know how to weld and fix things
- I am willing to try new things

■ What's important to me

- Earning enough money to pay my bills, go on vacation, and save for my own place
- Working with my hands, not sitting around
- Working with people
- Working with horses

■ How to best support me

- I need to be able to ask questions when I don't understand
- Tell me how to do something, show me, and then let me do it
- Let me know when I do a good job
- Having a set schedule with regular hours
- Recognize when I'm feeling overwhelmed and help me work through it



Things to do:

- Visit local barns and equine therapy providers
- Talk with saddle club friends
- Get tips on time management

Things to avoid:

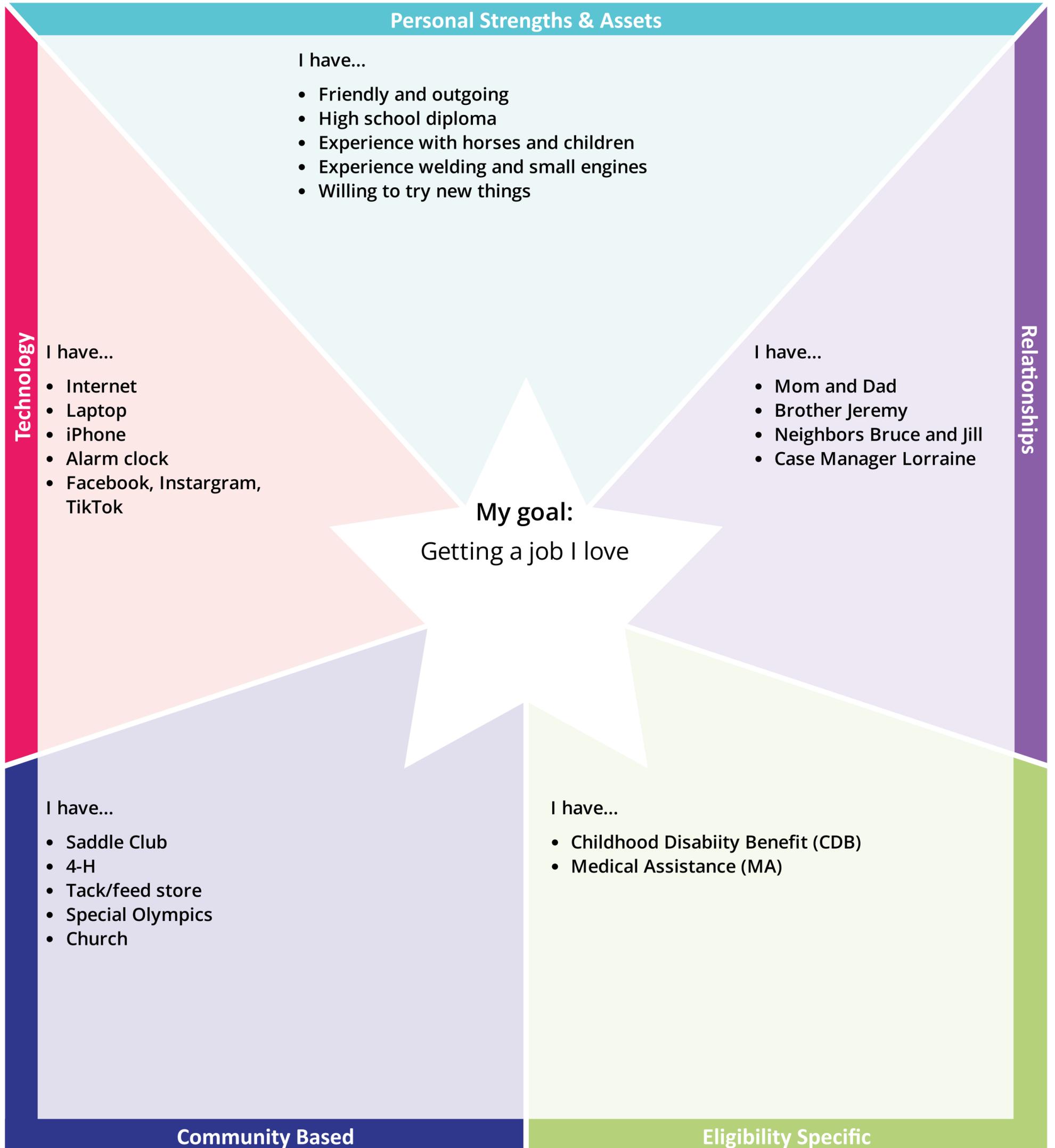
- Being late all the time
- Inconsistent schedule
- Early morning work
- Working around alcohol

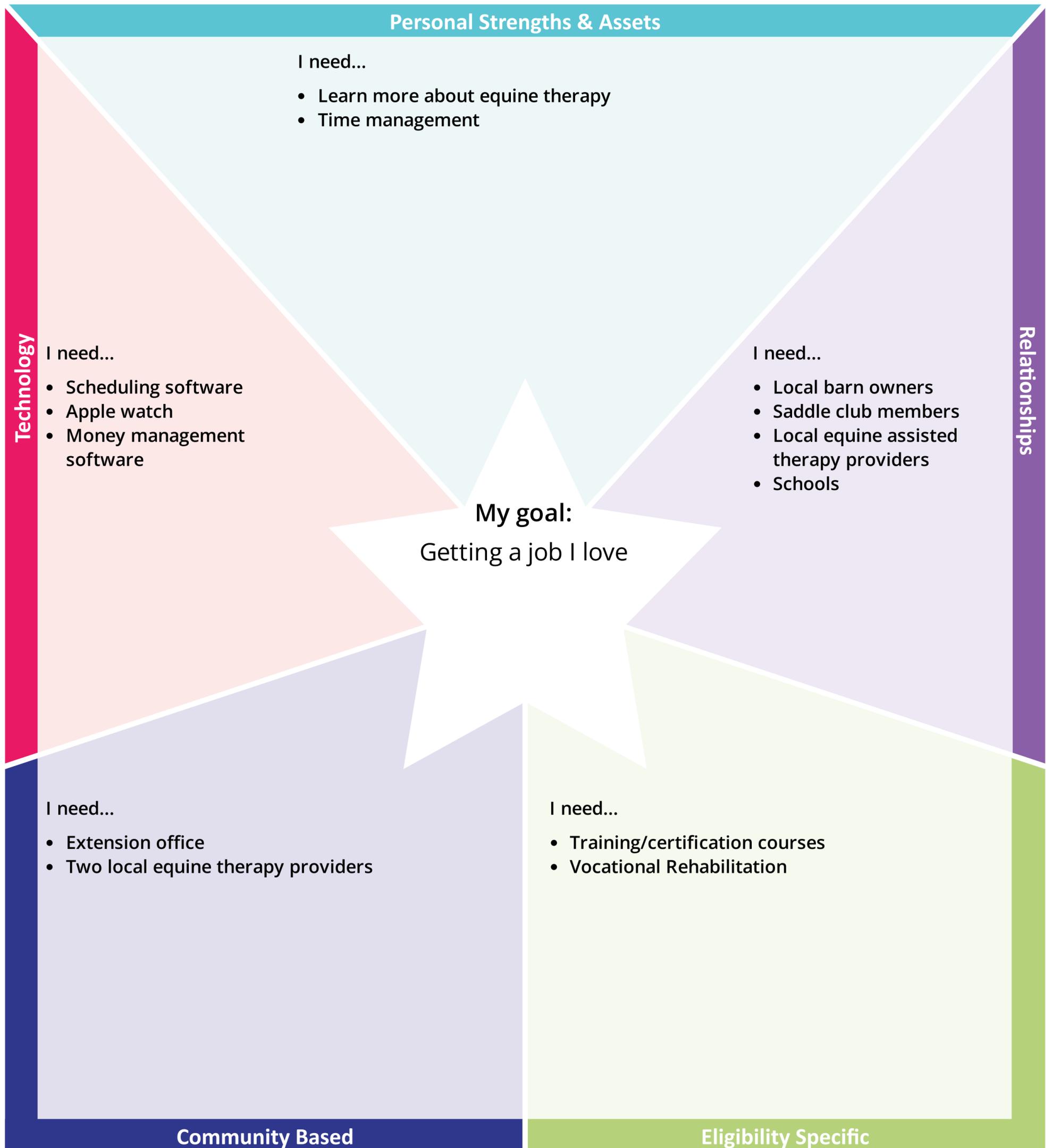
Vision for What I Want

- To work with horses
- To work with my hands and be able to move around
- To work with supportive people
- To make enough money to pay my bills

What I Don't Want

- To sit around, working at a desk
- To be around alcohol
- To get up early in the morning





Your work team is a set of people who can help you with employment. You can always add more people to your team.

My Work Team

Case Manager | County Human Services Agency

 **Angus Test**
Case Manager, County Human Services Agency
 651-111-2222
 Gus@email.com

A case manager helps get and coordinate the services you need to live the life you choose, including support for health care, housing, work, food, mental health, personal care, and involvement in the community.

Other Connections I Can Trust

 **Bruce Nextdoor**
Neighbor
 763-222-3333
 bnei@email.com

 **SuEllen Sample**
Mom, Home
 suellens@email.com

More People to Add to My Team

Based on your answers and on other activities, you should think about adding these people to your work team.

VR/SSB Counselor | Vocational Rehabilitation Services (VRS)

A VR or SSB counselor can help you find and get a job. They can also help you with services like job counseling to see what sort of work would be good for you, or skills training to help you succeed at work.

Agencies

Find the offices of programs that help you. This list is based on information from other activities, including your Benefits Lookup (BLU). You can add new agencies to the list, or remove the ones you've added.

Agency	Helps With	Phone	Local Phone
County Human Services Agency	Medical Assistance (MA), SNAP, MFIP		
Disability Hub MN	Disability-related programs	1-866-333-2466	
Local Social Security Office	SSI, SSDI	1-800-772-1213	
Public Housing Authority (PHA)	Housing		

Generated using Disability Hub MN's "Build My Team: Work" activity

