

# What I've Learned from my Jobs

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# My Background

- I used to work at a workshop from November 1991 to March 1994. I did landscaping and production work.
- I got the Employee of the Month certificate at the workshop in May 1992. I asked when I would get a community job. They said I wasn't ready. I asked how I could be the employee of the month but not be ready for a real job??
- I quit the workshop. They weren't really getting me ready for a community job. If I didn't quit, I think they would still be saying that I'm not ready for a real job!

# Job Support that worked Better for me

- In 1998 I started getting services from Progressive Employment Concepts, or “PEC”.
- PEC asked me about the kind of work I wanted to do. They didn’t waste my time by telling me I needed to get ready for a job.
- They have helped me find jobs that match my skills and interests.

# Job 1 - Target



- I've worked at Target since January 19, 2000.
- I went for an interview and my job coach went with me. My job coach helped me during interview.
- I work 3 hours/week at Target.
- My job coach checks in at Target every month or two. Most of the time I don't need any support because I am more independent at this time.



I put security stickers on the phone supplies and also the cosmetics supplies.

My other job task is doing customer service by taking the guests where they need to go.

# Long term support



- I used to work a lot more hours at Target. My job coach stopped checking in because I was doing so good at work. New managers started asking me to do work that I didn't know how to do very well. The new managers didn't know I had a job coach and the job coach didn't know I was having a hard time.
  - A job coach can help you to keep being successful. Once you know how to do the job, a job coach doesn't need to help you very often but it is important that they see you at work and the supervisor knows who to call if they think you need support again.

# What I Learned about Job Supports



- I used to work from 8:00 until 12:00. I needed someone to drive me to work because the bus doesn't run that early. My job coach helped talk to my manager about the problem with the bus. My manager didn't know buses didn't run early. He said I could start work at 9:00 so I could take the bus. My job coach helped me get a schedule that worked better for me, helped me be more independent and still do the job that my boss needed me to do.
  - Your job coach can help you make things work better and help you communicate with your supervisor.

# Job 2 – UC Davis MIND Institute



- I've worked at the MIND Institute since April 27, 2011.
- I started as unpaid intern on April 27, 2011. The internship was supposed to be temporary. Once they saw how I could do a good job, they decided to hire me.
- In January 2012 I started the process to get hired for a paid job at the MIND. I was hired and started getting paid.
- I work 10 hours/week or more.



I do evaluations for conferences  
and help staff in other ways



I give presentations



I am an advocate



# My job support at the MIND institute



- For the first year, I had support almost every day, all day from my job coach. There were a lot of hard things to do.
- Now I can do most of my work independently. My job coach checks in to see how things are going.
- My co-workers help me if I need it. This is natural support.

# What I Learned about Getting a Job



- I got hired for this job because I was an intern. This job didn't even exist until I had been an intern. Being an intern gave me a chance to learn the job and showed the MIND that I'm a good worker who is a valuable part of their team.
  - Being an unpaid intern or volunteer can be a good way to get a job.

# What I Learned about job supports



- If I have a question about a job task and my job coach isn't around, I can ask a co-worker. I help my co-workers when they need help too.
  - Co-workers can be great natural supports.

# Job 3 – Progressive Employment Concepts



- I've worked at Progressive Employment Concepts since October 13, 2014.
- I work at PEC 4 hour a week.
- PEC is close to my home so I can take the bus.



I work on the PEC website and keep it up to date.



I interview clients and post their stories on the website.

# What I learned about getting a job



- I used to volunteer to help write a newsletter for PEC.
- Volunteering to write the newsletter showed them that I liked to write about PEC and the successes of the clients that they work with.
- When they needed someone to help with their website, they asked me so I took the job!

# My Jobs Fit me

- My jobs help me to make more money, learn new things and make friends. I also want to be a good role model that people with disabilities can work.
- I like my co-workers. Some people are afraid they'll be lonely if they don't go to a workshop or a day program. I'm not lonely. And I still see some of my friends from the old workshop days.
- I have NOT lost my SSI. My SSI is lower but that's because I get paychecks from my jobs. I'm making more with my paychecks and lower SSI.