



CHALLENGE
Community Services

Disability Services

Resources to Help Navigate Life After School



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PLANNING FOR YOUR FUTURE AFTER SCHOOL IS ONE OF THE MOST EXCITING TIMES IN YOUR LIFE. EMBRACE IT.

Introduction

There's a lot to decide when you finish high school. Regardless of your results, you'll need to start making plans for the future. The more information you have, the more control you will have over your life. Knowing your options will help you make decisions that suit you best.

The internet is full of useful resources, but sometimes it can be hard to find the right help for your situation. Challenge Community Services has compiled this handy reference guide for life after school for young adults with a disability, their parents, carers, and teachers.

We've taken the stress out of finding information by collecting the best Australian online resources to help you choose your path when you leave school. The following topics and websites have been selected for their variety, ease-of-use, and accessibility.

Choosing your goals

Having goals and problems to solve is an essential part of life. Personal goals can be as big or as small as you want, but having clear, achievable goals can help you. Before you decide to begin work or study, it's a good idea to figure out what you would enjoy doing in your life and what types of jobs you would like to do. This will help you choose courses, organise work experience, and develop skills that will bring you closer to your goal. You don't need to know the exact job you want to have for the rest of your life. Your life goals will change over time as your interests develop. Here are a few online workbooks, quizzes, and games that can help you decide what careers you may enjoy and provide you with further information about each one.

A Good Life

- Answer questions designed to help you begin planning for the NDIS.
- Straightforward content and informative images help you to answer questions that will provide an overview of your current abilities, goals, and needs.
- Downloadable PDF easy-read workbooks.
- Vision impaired access available.

Future Quest

- Interactive way to find different careers, and improve social skills such as networking and communication.
- Find out what you enjoy, or not, by playing.
- Online game and mobile app for Android or iOS, requires email registration.

Job Outlook Career Quiz

- Choose the activities you'd prefer, to discover the type of career that is right for you.
- Look up jobs to find out what education you need, the tasks you will undertake, salary, employment prospects, and growth potential.

Australian Apprenticeship Pathways

- Work Type Explorer: Discover career options based on the work environment you prefer.
- Career Interest Explorer: Find your interests to discover the ideal work type and careers for you.
- Focused on finding apprenticeships and certifications for each job.



Finding career inspiration

When it comes to thinking about a career, it can be difficult to know where to start. Along with reading about different occupations, it can also be helpful to learn from other people. One way to do this is to ask people around you how they started in their career and what education they found useful. You can also find stories about people in similar situations to you and learn from their experience. There are lots of places online where you can find stories about the variety of jobs people do, how they found them, and what they did to ensure they had the right skills. We have collected a range of case studies so you can see how others have found their ideal job, or transitioned into education or employment after school.

Employability before Disability Fact Sheet

- Case studies of people with a disability who found their ideal job.
- Explores pathways for the transition from school to work.
- Downloadable PDF Document.
- Vision impaired access available on website.

Create Your Future

- Each video recounts the experience of a person with a disability as they transition into education and employment after finishing school.
- Well produced, interesting to watch, and easy to access video series with captions.
- Vision impaired access available.

Challenge Disability Services Blog

- Regularly publishes stories featuring clients who have made the transition from school to further education or work.
- Provides examples of skills development and potential career paths.

Youth Central Career Profiles

- Read interviews with people who are employed in the job of your choice.
- Straightforward language and useful advice on the steps to take to secure a career and what to expect when you get there.

**THERE ARE NO LIMITS
TO WHAT YOU CAN
ACCOMPLISH FOR
YOURSELF.**



Planning your next step

There's no point deciding on a goal if you are not going to put a plan in place to achieve them. Once you have figured out the goals you have for your life, the next step is to gather the skills you need in order to succeed. If you want to do further study, you will need to decide what you want to learn and where you want to learn it.

This could be on-the-job training, TAFE, through private education institutions, online courses, or university. You might decide on-the-job training is best, and find appropriate work experience or start an apprenticeship. The websites below have been selected because they provide information on planning for work or study from a variety of perspectives. They each provide informative resources for all aspects of career planning, job search, workplaces, education and training, as well as links to other useful information and organisations.

Australian Disability Clearinghouse on Education and Training

- Comprehensive advice on how to plan your career and education, who to contact, and the support available.
- Lots of links to very useful worksheets, downloads, articles, videos, and other websites.
- Once you're in the right place, this website is an excellent resource with accessibility options such as captioned videos, high-contrast viewing, and audio button.
- Vision impaired access available.

SUCCESS IS YOUR REWARD.

Youth Central

- Straightforward and easy to understand information to get you started.
- Covers all aspects of higher education and careers.
- Includes links to useful resources; 'How To' guides; information on financial support and government subsidies.

Get Ready for Study and Work

- Packed full of useful information, web links and resources for school leavers who live with a disability, and their parents, carers and service providers.
- Download the Get Ready Workbooks for both young people with disabilities and their parents.
- Resources available in a variety of versions to match your reading level or cultural background.



Knowing your rights

Everyone has rights and responsibilities in life. When you work or study, there are certain rules that apply to everyone. These include government regulations that guide all workplaces as well as specific legislation for certain industries and occupations.

There are also rules and regulations that apply specifically to people with a disability. You have the right to access public places and avoid discrimination based on your disability. You can also choose whether or not you wish to disclose your disability to an employer or an education institution, provided it will not impede your ability to perform the role.

We have compiled a list of resources that provide guidelines for rights and responsibilities for all workers, as well as disability-specific resources. These websites provide worksheets, and factsheets to help navigate your rights at work and while studying, as well as providing a valuable resource for your employers and service providers.

Job Jumpstart

- Excellent resource to help you get started on a career path, skills development, and understand the rights and responsibilities of all workers.
- Advice tailored to your stage in life.
- Informative articles with associated workbooks and factsheets available to download.

LIFE BEGINS AT THE END OF YOUR COMFORT ZONE.



Disclosure; It's a Personal Decision

- Advice on disclosing your disability to your workplace or education institution.
 - Outlines your rights as a worker or student with a disability.
 - Provides advice about disclosure at any stage of your studies, job search, or employment.
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Job Access

- Disability-specific employment resource focused on workforce regulations.
 - PDF downloads, videos, case studies, and funding streams factsheets.
 - Useful information and accessibility features.
 - Vision impaired access available.
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Disability Discrimination Act

- Easy-read summary of the Disability Discrimination Act 1992.
- Outlines the definition of discrimination and steps to take if wherever it occurs.
- Downloadable PDF and DOCX documents.

Taking care of yourself

It can be intimidating starting to study or a new job. There is lots to learn and pressure to do well, so it can be easy to forget to take care of your mental health. Ensuring you have a nutritious diet, plenty of exercise, and a good night's sleep can go a long way to improving your mental health, but sometimes we all need a helping hand to deal with the challenges life throws our way.

Below are some useful resources that provide advice to people who are feeling overwhelmed. While they are designed for people with mental health issues, such as depression and anxiety, they provide information that can help anyone with the problems that can arise from studying or working. They provide a variety of ways to gain resilience, reduce stress, get organised, and prepare for exams.

Headspace Digital Work and Study

- Aimed at young people aged 15 to 25.
- Support when studying, looking for work and during employment.
- Industry webinars, videos, articles, handy tips, downloads.
- Free and confidential advice and support from qualified mental health professionals via phone, email, or online chat.

ACCEPT WHAT IS.

LET GO OF WHAT WAS.

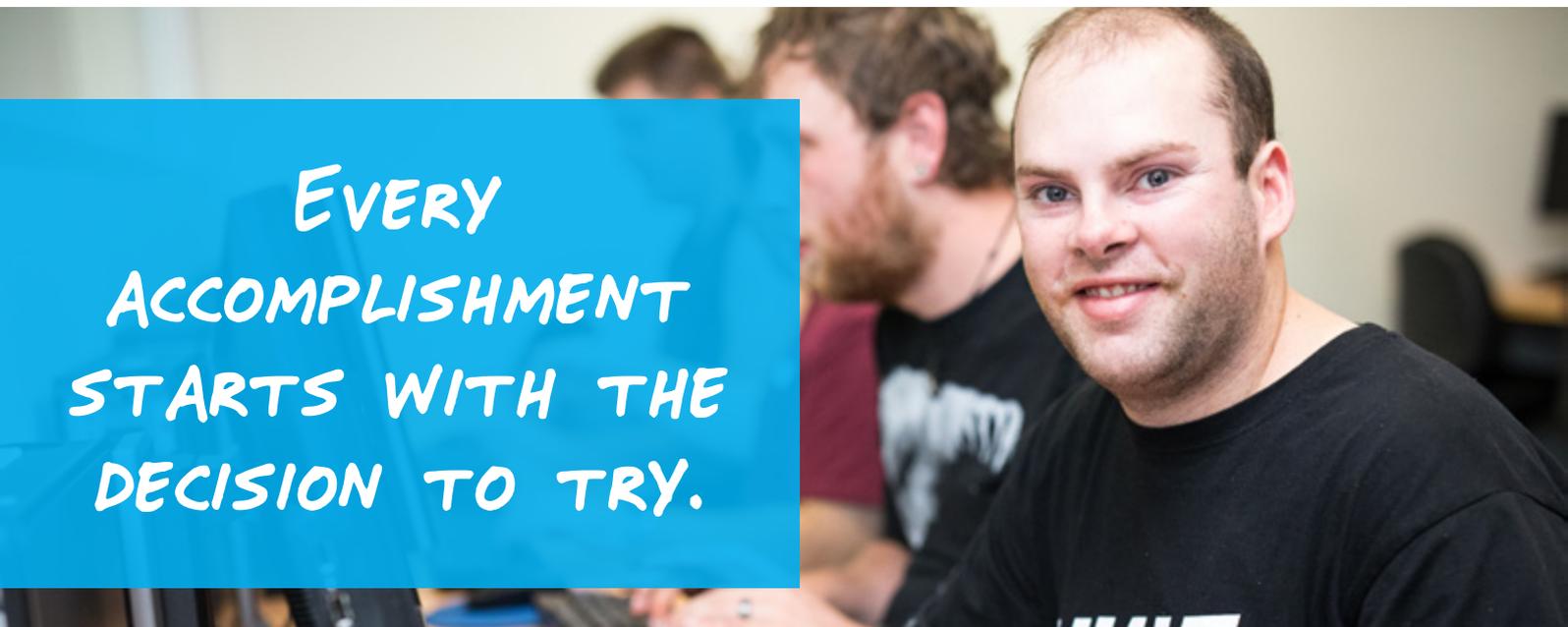
HAVE FAITH IN WHAT CAN BE.

Beyondblue; Surviving Year 12

- Tips to help you feel less overwhelmed.
- Designed for those suffering from depression and anxiety but useful for everyone.
- Includes downloadable fact sheets for students and parents, as well as information on understanding mental illness and steps to help you start feeling better.

The Desk

- A fantastic online resource to help beat stress when studying.
- Includes a mental health assessment, and tools to help in specific situations.
- Quizzes, videos, learning modules, records of your goals.
- Tips to overcome procrastination and dealing with anxiety.



**EVERY
ACCOMPLISHMENT
STARTS WITH THE
DECISION TO TRY.**

Creating a home

There's more to life after school than deciding whether to study or find a job. This is also the time when you will have to start thinking about where you are going to live, even if you're not planning on making changes any time soon.

When deciding where you would like to live, think about the supports you need every day, what skills you could learn to increase your independence, and who you would like to live with. Whether you live alone or with other people, you need to feel safe and secure in your living environment.

These resources feature worksheets and checklists you can download to help you decide the type of accommodation you require, find the supports you need, and guide you through the process of securing suitable accommodation. There are also great links to how-to videos and guides on everyday living skills.

Launchpad

- Straightforward and useful advice for school leavers about study, work, social life, independent living, health, advocacy, legal issues, and funding.
- Each page has a 'Young People' and 'Parents' version.
- The Becoming Independent section contains links to useful 'how-to' videos; housing options and video case studies.



My Housing Preferences

- Use a Microsoft Word downloadable template to answer questions about your housing history, preferences, and lifestyle.
 - Once complete provides an overview of your housing needs.
 - This document can also help service providers and carers ensure you receive supports that match your personal goals and interests.
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Accommodation Support

- My Life and Somewhere to Live Booklet, accommodation questionnaires, and information on shared living.
- Active Supports videos and downloads.
- Health-related resources, including hospital admissions and oral care.
- Downloadable PDFs with easy-to-read guides and more complex documentation.
- Vision impaired access available.

**WHEN IT'S TIME FOR YOU TO
VENTURE OUT, DON'T LET FEAR HAVE
YOU LOOKING BACK AT WHAT YOU'RE
LEAVING BEHIND.**

Discovering the NDIS

The National Disability Insurance Scheme (NDIS) allows people living with a disability to access funding for supports that will assist in achieving your goals and increasing your independence. If you are eligible for the NDIS, you will be able to access budgets to fund supports for different aspects of your life. You can use the funding to help with daily living, learning skills, accessing services, and making modifications that will make life easier. Each budget has different categories, criteria, and restrictions.

The following resources will provide you with a good overview of the NDIS and links to useful organisations that will help you navigate the NDIS. There are worksheets, factsheets, and apps to help you to get started and in control of the support you need to live life to the fullest. These resources can help you decide your current goals, create an NDIS plan, access funding and other supports.

The School Leaver's Guide to the NDIS

- Straightforward, step-by-step guide to accessing the NDIS when you finish high school.
- Includes how to access the NDIS, eligibility criteria, NDIS plans and budgets, plan management and adjustments.
- Examples of how you can put your NDIS Plan to good use to achieve the goals you have chosen for yourself.



NDIS Factsheets

- The NDIS has a range of factsheets, checklists and forms.
- Includes information on accessing the NDIS, implementing a plan, feedback and complaints, self-management, mainstream supports, service providers, and local area coordinators.
- Downloadable PDF and DOCX documents available in a range of reading levels.
- Vision impaired access available.

NDIS Plan Tracker

- Support planning tools so that you can keep track of your funding, payments, and claims, whether you have a plan manager or self-manage your NDIS plan.
- Clean and easy to navigate website or download the app to your iOS or Android device.
- Paid monthly, bi-yearly, or yearly subscription. Cost can be claimed under core supports.



**ANYTHING IS
POSSIBLE. ALL YOU
HAVE TO DO IS
BELIEVE IT.**

Need Support?



There are lots of people who are willing to help you on your journey. Challenge Disability Services and the NDIS are always on hand to provide guidance and support.

For support and information, contact Challenge Community Services

www.challengecommunity.org.au
disabilityservices@challengecommunity.org.au
1800 679 129



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