

# 1 EVERYONE CAN HAVE A REAL JOB

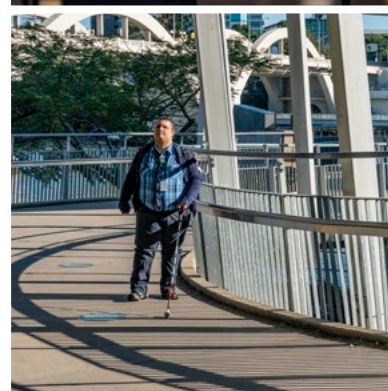


## WHY EMPLOYMENT MATTERS

Everyone can benefit from having a job, earning money, and building a career. You have a lot to contribute, and society is stronger for your contribution. Having a job brings a sense of purpose and belonging and the opportunity to make friends. Your first job is an important start to your adult life. With some creative thinking, meaningful work is possible for everyone.

Inclusive employment means working in a typical and socially-valued job alongside other people in the community. It means fair pay for your work. It also means getting the support you need, reasonable adjustments in the workplace and equipment to help you do your work.

Jobs come in many different shapes and sizes. The important thing is to find the right match between you and the job, including your interests and strengths, and your plans for the future.



## WHAT GETS IN THE WAY?

Unfortunately finding your first job is not as easy as it sounds or should be. Not all employers realise people with disability can be valued employees or contributors to their business. Because many people with disability are not in the paid work force, your family and school may also not immediately expect that you can have a real job. It can also be difficult to get a job when you need to compete with lots of other job-seekers or fit into a standard job. These fact sheets will help you to think about how you can identify your strengths and identify potential employers so you can negotiate a role.

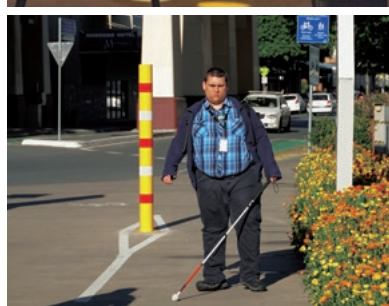
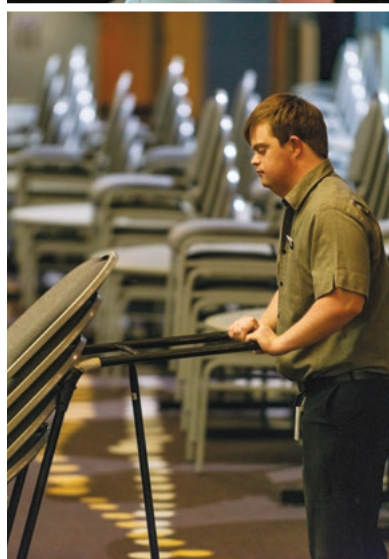
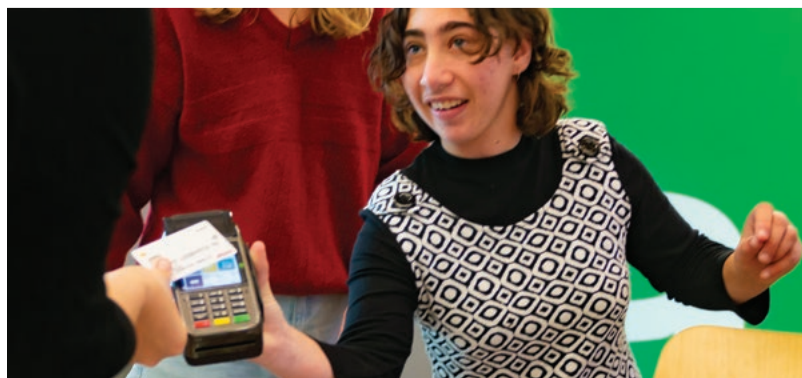
With some determination, persistence, a creative customised approach and the help of family and friends, it is possible to get a job where you can learn, contribute and be successful. Getting a job while you are in high school is a great place to start.





# GETTING YOUR FIRST JOB FACT SHEETS

- 1 EVERYONE CAN HAVE A REAL JOB**  
outlines why employment matters
- 2 RAISING EXPECTATIONS**  
will help you imagine a good working life
- 3 USEFUL TIPS FOR FAMILY AND FRIENDS**  
will guide them on how to assist you
- 4 GETTING PREPARED**  
offers some helpful strategies to think about and plan for a first job
- 5 FINDING YOUR FIRST JOB**  
has some practical exercises to think more about what you have to offer
- 6 SUPPORT FOR YOUR FIRST JOB**  
gives some ideas on where to obtain support
- 7 INFORMATION FOR EMPLOYERS**  
outlines the value of employees with disability
- 8 FURTHER INFORMATION AND RESOURCES**  
lists references and links on employment



## STORY

Seeing is believing! Marcia's mother was a great cook and knew that her daughter also shared her passion. After Marcia finished school, she planned for her to attend the local day centre which had a cooking program.

When her neighbour told her of a young woman with disability working in their local bakery, she went there to observe.

*"Marcia could do that!" she thought.  
"Let's begin to explore this idea."*

She thought of all the places in her local community where there might be a job for Marcia. Marcia was excited too. She had always wanted a real job, just like her school mates.