



Learning what you are interested in



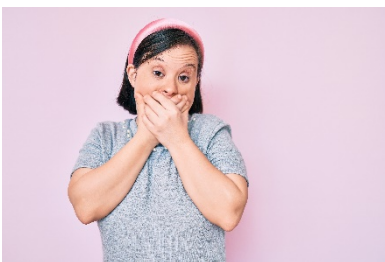
Finding out what you are interested in is important.

It makes a big difference to:

- how you feel about your life
- finding a job you like doing.



Many children and adults with intellectual disability do not get the chance to work out what they are interested in.



They may not:

- try new things
- say what they want to do.



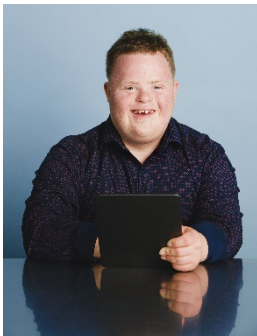
Their parents and supporters might think new experiences are too hard to do or understand.

You can end up only doing what other people think you can do or want to do.



People called researchers have looked into this.

They found that family support and work experience help you know your interests and try out jobs.



This gives you the best chance of finding and keeping a job you like.

Things that help



Families can help their child try different interests.

Work experience, volunteering and casual work are great ways to find out the work you like.



Remember

It is always a good time to work out your interests.

It makes a big difference to your life.

Using a Discovery process to find out what you are interested in



The Discovery process is finding out:

- how people get to know you
- your strengths, skills and interests
- and support that works best for you.



You can use NDIS funds to employ staff to help you with the Discovery process.



Some Disability Employment Services and disability organisations can also help you with the Discovery process.

It takes time to:

- collect information about you
- work out jobs that are a good match for your interests and personality.



Discovery includes:



- talking with you and your family
- meeting you at home and in your community to learn:
 - what you are good at
 - what you need help with
 - what help you have around you



- talking with people you and your family suggest, like
 - friends
 - school staff
 - people from work experience or volunteer work



- watching you in activities that interest you like a hobby, club, sport or dance class
- working with you to look at ideas for work



- supporting you to find and meet employers and do work experience or volunteer work

This helps you learn about different kinds of jobs.



When you have finished this Discovery process, then you can get support with finding and keeping a job.



These interviews are a relaxed way for you and employers to learn about each other.