

## Follow Along Support- Menu of Possibilities

Work day supports	Transportation	Benefit Counseling
Keeping track of work schedule/calendar Plan for clean work clothes/uniform Waking up on time- alarm clock/phone call Meals/snacks /medications during work Timecards- Punching in and out New employee orientation Grooming	Rides to and from work first few weeks on the job Auto repairs Purchasing vehicle Plan to approach co-workers for rides Bus pass/ travel training Help with Bicycle or Gas Voucher Obtaining Driver's license	Explanation of how benefits will be affected Explore incentive programs Monthly wage reporting SSA letters Plan for savings Becoming own payee Address raises or changes in pay/hours
Co-worker and Boss Relations	Staying Sober	Managing symptoms
Strategy to disclose/not disclose Plan to get performance feedback from boss Topics of conversation with co-workers Plan to increase-decrease interactions coworkers When to accept offers for more hours Someone to listen to workplace issues	Plan to include sponsor/mentor in work issues Address potential substance use in workplace Address co-workers offer to use Plan for support on paydays Meet with A&D team to plan supports	Plan for managing stress- self care How to recognize symptoms Plan for what to do if symptoms arise at work How to call in sick if necessary Ask for medication adjustment
Next steps- Career wise	Support Network	On the Job Supports
How to ask for promotion or raise Increasing skills in workplace Managing evaluations/feedback Looking for the next job How to give notice Supported education	Involve family and friends Facilitate meetings with VR counselor Talk to treatment team about supports Involve Peer Supports Coworkers/Boss	Give employer incentive information Job coaching-demonstrate tasks Meet briefly w/ employer and client regularly Make list of job duties Ask for accommodation Use clock/alarms See page 103-104 IPS manual

# Individualized Follow-along Job Support Plan

Name:

Date:

Job

Goal ( in person’s own words):

Disclosure:      Employment specialist will talk to supervisor

Employment specialist should not talk to supervisor

Objective	Activities (include frequency)	Person(s) Responsible	Date started/completed

