

Am I ready for work?



A guide created within the programme
Step by Step - a youth initiative under the Youth in Action programme
January- September

What does a traineeship mean



Reach my limits



I learn new things and gain experience

To be consistent

To be serious and

Show my talents and abilities.

I respect my colleagues

To be clean and tidy

Be honest with others and with myself

I am focused and calm

not to talk on my cell phone during work

Not to quarrel with colleagues and customers. Neither with the boss

It leads to job, experiences to try out work

I have to learn to travel on my own with the public transport system

not cry when the boss is angry

To know the money and time

to work under real job conditions

Why do you want to work in the open market

Because I want to take care of myself and become independent

to have my own money



to help my family

to make a lot of traveling with the money I will earn

I want to have my own shop and sell my stuff

I do not want to sit without doing anything and get bored



not be pitied and have the same value as others

be useful in the community and a good person that others have confidence in



the job will make me independent so that I can make my own family

What job would you like to do

Actress

in a Café



in supermarkets

nanny

secretary because I have good computer skills

telephone operator

in shops with clothes and shoes

in kindergarten

I would like to work as a flight attendant

bakery

Work in eldercare

I would like to work in a service profession



masseur

traffic policeman

What support do you think you need

Help with how to open a shop

help at my new work place



support without controlling

Give me advice, so that I can be better at my job

to learn my new job

Teach me my rights

To learn the route to go to my work

have a person helping me when I have problem with work or with colleagues

I may need the support of someone who can do the work well

My journey into the world of work

Hello my name is Love Hallerstam and I live in Stockholm together with my girlfriend. I finished the nursing program at a special high school Lindeparken- at Enskede high school. The school has the specific objective to prepare us for adult life with work, proper living conditions and leisure time.

They respond to us with positive expectations.

We, the students along with school staff and parents create an individual study plan which is adapted to our needs.

For me it was always important to communicate with other people and by this learn more about social skills.

At school I had the opportunity to learn what is important to be able to function in a workplace, develop professional attitude and professional identity.

This includes being punctual and the ability to work with others.

In the nursing program, I have learned to care about my own health, and to give help and care to others.

We had special courses in care and measures for ensuring care for all ages.

To fit into the care program, you should like to be involved with all categories of people.

Examples of specific courses are: Service in the care of children and young people, as well as communication and interaction.

During the four years of my studies in the nursing program at Lindeparken, I was often on APU (workplace-based training).

APU is training to work in a company, in order to learn a profession.

My APU positions are ranging from elderly care, hospitals to childcare.

For two years I did practical training in nursing home Nytorngården, the company Home Care Olivia and in the hospital Dalen at the surgery department.

I learned to perform the duties of social care, to work in teams and independently, to talk about my work and collaborate with colleagues, follow instructions from supervisors, nurses and the director.

I learned to take initiatives and to express my desire for a summer job or as fill-in worker in case of lack of staff.

Through the APU I have learned how important the role of caregivers is for the service users and their families.

After this APU period I managed to get into the world of work as a fill-in worker in Nytorngården nursing home where I worked for two years as a nursing assistant.

After contact with the organization Working Together I have a permanent job in Sofia hemmet as a nursing assistant.

I am proud of my career and I intend to strive to become an active and productive citizen..

The road to independence

My name Evangelia Patsourakou and I live, now, in Kythira with my husband. I finished the regular elementary school where I faced too many difficulties with the school subjects, with some teachers but also with my classmates because I have learning difficulties.

After elementary school I studied at Estia, center for social care for people with intellectual disability at the workshops of Fine Arts and Computer skills

There I managed to learn many things that I had not managed before.

I learned to belong to a group and to cooperate, to follow instructions and complete a task, to handle a computer, to use the programs and to write at a very fast pace.

I learned to move around on my own, to manage money, something I thought until then was impossible. It made a great impression on my mother when one day she sent me shopping and I managed to figure out the money and the change.

I learned how to communicate with others and how to behave in different situations.

The most important is that I learned to have goals in my life, to express my desires and assert my rights. I wanted to have friends, to go together with to the movies and theater, to have leisure activities, find a job and live a life like all the people around me.

During my studies at Estia I had the opportunity also to do a traineeship in a workplace as Assistant Secretary, because I had obtained some skills necessary to try my strength in the open market. What I was missing was the work experience.

For one year I did a traineeship in the company "ALPHA ACOUSTIC"

I learned to work under pressure and stress, to follow instructions, send fax, to cooperate with others to control my behavior and to function with colleagues.

For two years I also did a traineeship at the 'British Council', I took the bus to go there.

I was always on time, I politely said good morning to my colleagues and I began my work.

I learned to work with different people, organize and archive files, make photocopies and be consistent in my duties.

Something that helped me to meet the demands of the practical training was that I before

I found the job had learned many things. I knew how to get around by myself,

I knew the time, to be punctual, to behave properly, to listen to my colleagues and follow their instructions. It helped that I had learned very good computer skills, I learned to make photocopies, I had learned the money, I had learned safety rules,

I had learned personal care rules, I was always clean and tidy, I had a bath every day and I was always well-groomed and went to work with clean clothes.

Through practical training I gained many experiences and learned many things about how it is in the outside world.

Now I leave Estia proud of myself and I will try every day to become better and more independent.

Thank you for being there for me.

Conclusions

- ✓ Look at the ability not the disability.
- ✓ Everybody are needed in the labor market
- ✓ Having a job helps you to:
 - *take part in the community
 - *learn new skills
 - *earn money.

Questions for you and people who know you:

What am I good at?
What do I enjoy doing?
What am I passionate about?
What do other people say I am good at?

What do I do at home:

Are there jobs I like doing?
What do I hate doing?
What do I do for fun?

About work and support

Can I travel independently?
Do I need travel training?

What type of support do I need?
Who can give me this type of support?

What do I need help with ?
Do I want to work every day?
What is my dream job and why? What do I like about it?
Who can help me to find a job?

What work experience have I had? (e.g. school work experience, Saturday job, holiday job, helping with the family business)

What did I enjoy about these experiences and what would I not want to repeat?

Important to me

What type of environments do I like to be in?
For example outdoors, an office, etc.

Do I like busy places or quiet spaces?

How do I communicate with others?

Do I need support to communicate?
If yes what kind of support?

Who do I like to work with? Why?

Do I know if I want to work with others or alone?

What type of leisure activities do I do?
What do I like about them?
Do I do them alone or with others?



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'This project has been funded with support from the European Union. This publication/communication reflects the views only of the author, and the European Commission cannot be held responsible for any use which may be made of information contained therein.'