Your service plan lists the things that you want help with so that you can live your life.

The services in a service plan might be things like
• someone to help you cook
• someone to help you with your medication
• someone that drives you to work

One service you can list in your service plan is career planning.

Career planning services help people find a job in the community.

A part of career planning is career exploration. This can help you learn about different types of jobs.
Career exploration can be many activities. Some examples are:

- Watching other people do jobs, also called job shadowing
- Talking with people who have different jobs in the community, also called informational interviews
- Practicing different job activities in the community

Career exploration can help you learn more about different jobs and help you choose what job in the community you may want to do.

If you would like to know more about career exploration, contact your Service and Support Administrator or your SSA.

If you are not sure who your SSA is, read Your Service and Support Administrator, an Easy Read Guide.