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Self-Employment and the Role of Self-Advocacy

As NHVR Customers explore self-employment options, it's important to also keep in mind that quality of life is determined not just by income, but by a number of different factors. As a result, it is also important to help Customers to develop their voice and confidence in the area of self-advocacy.

To help in this regard, this month's news brief introduces a range of available resources tailored to enhancing quality of life factors and related independent living variables.

- [Disability Accommodation Cost Guides](#): Provides a variety of budgeting perspectives when remodeling or making additions to a home to support disability factors.
- [Thriving in Trade School with a Disability](#): Highlights the benefits of vocational educational, as well as career opportunities, for individuals with disabilities seeking meaningful careers and independence.
- [Discrimination and Addiction: How To Overcome Prejudice without Relying on Drugs or Alcohol](#): Explains discrimination laws and rights for individuals with disabilities, as well as provides advice on coping with prejudice in a healthy and productive manner.
- [Accessibility and Employment: What People with Disabilities Need to Know](#): Explains the basics of how individuals with disabilities can use accessible and assistive technology to support and advance careers.
- [Dating When Blind or Visually Impaired — From Single and Ready to Mingle to Off the Market](#): Provides advice for visually impaired individuals as they seek new, healthy personal relationships in their life through dating.
- [Disaster Safety for People with Disabilities: What to Do When Emergency Weather Strikes](#): Provides guidance for individuals with disabilities as they plan and prepare for different emergency weather scenarios.
- [Social skills for adolescents and adults with autism](#): Provide support and guidance on managing social skills, communication, and relationship building for autistic individuals.

The above information represents a small sampling of what is available for helping individuals with disabilities. It was shared with us by Jennifer McGregor, a pre-med student who launched <http://publichealthlibrary.org> with a fellow student to help people find useful information on health-related topics. As Vocational Rehabilitation Counselors, the more we learn and share these types of resources with our Customers, the more we can help them to thrive, strive and live meaningful and rewarding careers and financially sustainable lives.

For more information, visit: <http://www.buzvr.org/>

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