

**Top 5 actions for parents and carers**

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| **1.** **Identify your young person’s skills, interests, goals and values.** |
| **2.** **Explore further education or training opportunities that**  **may be relevant for your young person.** |
| **3.** **Encourage your young person to register with a local employment service / Disability Employment Service and**  **make sure this service is aware of your young person’s skills, interests, goals and values along with their disability-specific requirements.** |
| **4.** **Identify any networks you have that may know of**  **volunteer, job trial or paid work opportunities for your young**  **person and let these contacts know that your young person is**  **looking for work.** |
| **5.** **Identify any government incentives that your young**  **person is eligible for that may help them gain employment.** |