

## Examples of Follow Along Supports

### Help with transportation

Rides to work to help with anxiety  
Help with travel training (bus system).  
Help looking into alternative forms of transportation (senior ride programs, bicycles, family assistance, paying gas money to a co-worker, getting a car fixed, etc.)

### Help with social skills on the job

Working through job problems related to social skills  
Coaching the person on how to start conversations with co-workers, how to deal with co-workers going out for a beer, what to do when there is a party at work...  
Social skills training (case manager or counselor)

### Interventions with employers

Explaining symptoms or behaviors related to symptoms  
Asking for accommodations, job carves, etc.  
Asking for feedback about person's performance (meetings with employers and clients).

### Dress and grooming

Helping someone find appropriate clothes for work (could be case manager or ES)  
Verbal encouragement to adjust dress and grooming  
Quick meetings before work to ensure person will meet standards of the workplace  
Help ensure that person has clean clothes and grooming supplies on an ongoing basis (mental health team).

### Assistance with job changes

Help to leave jobs based on client preference  
Help finding new jobs  
Help with career development: thinking about new jobs, help obtaining new job skills, technical schools, college, GED or other certificate bearing educational programs.

### Support and Problem Solving

Regular meetings away from the job site  
Observing the person at work (to determine reasons for slow work, etc.)  
Morning phone calls (to provide encouragement, to help the person get organized for the day...)  
Phone calls during work breaks (or meetings during lunch hour—could be at a location near the work site)  
Groups for working people (peer support)

Help managing benefits

Help accessing benefits information prior to beginning a job  
Monthly meetings to review earnings and changes in benefits  
Monthly meetings to help person send in pay stubs  
Verbal reminders to report earnings  
Help accessing benefits counselor when earnings change  
Help with PASS plans

Money management

Help opening a bank account  
Shopping on payday to control spending on substances  
Help setting up direct deposit or getting paycheck to payee (especially if someone has a substance use disorder)  
Help setting up a savings account so person can use pay for a specific purpose

Medication adjustments

Case manager and employment specialist can work with medication prescriber if symptoms or side effects are a problem on the job.

On the job coaching

Help reading/understanding orientation materials or union materials

Family support and education

Help with attendance

Assistance setting up a calendar with the work schedule  
Reminders to look at work schedule  
Wake up calls

**When planning job supports, don't forget to think about the person's strengths.**