



Path to Employment



Path to Employment (PTE) is a program at St. Louis Arc that allows people to intentionally build employment skills and discover opportunities with one on one support from a dedicated employment staff.

Charlie is 27 years old. She attends the Day Program at St. Louis Arc Monday through Friday. She enjoys celebrating others, planning events, cooking, and music.



What could a week look like for Charlie?

	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 am-11:30 am	Path to Employment (PTE)	CE	CE	CE	PTE
11:30 am-2:30 pm	Community Engagement (CE)	PTE	CE	CE	CE

Monday - Charlie volunteers at the YMCA cleaning windows, folding laundry, wiping down surfaces, collecting trash, sweeping, and mopping the floors. Charlie and her PTE staff reflect on her experience and Charlie learns that she dislikes folding laundry, but enjoys sweeping and mopping. Charlie and her PTE staff research other jobs where she can sweep and mop.

Tuesday - Charlie volunteers at the Humane Society washing, drying, and folding laundry with a group of volunteers. Charlie learns that she doesn't mind folding laundry after all, but prefers completing tasks with others close by. Charlie and her PTE staff work together to build her Positive Personal Profile and identify that she would like to shadow a housekeeper.

Friday - Charlie is scheduled to shadow a housekeeper at a local senior living community. Charlie's PTE staff encourage her to notice how many tasks the housekeeper completes, what the environment is like, and the number of people they interact with. Following the shadowing

opportunity, Charlie and her PTE staff reflect on the experience. Charlie shares what she likes and dislikes about the housekeeping role which helps shape her future Path to Employment experiences.

The St. Louis Arc is committed to supporting people with intellectual and developmental disabilities to maximize independence and make informed decisions. Path to Employment offers a wide range of opportunities to intentionally explore interests and build skills.

Frequently Asked Questions (FAQs)

What are the benefits of Path to Employment?

The Path to Employment Program allows people to have the experiences and education to make an informed choice of whether or not to pursue Competitive Integrated Employment. People get to work one on one with a dedicated employment staff to identify opportunities to explore through skill and preference assessments, community based learning and volunteering, job shadowing, mock interviewing, and more.

What if I start Path to Employment and decide I want to return to regular day services?

One of the goals of Path to Employment is to encourage informed choice. If you decide you don't want to work or would rather participate in Day Services, that's okay!

Can I still participate in day services?

Yes! While generally around 3-9 hours per week, the duration and frequency of Path to Employment Services will be customized to your needs and desires. A person that wants to learn job skills more quickly may opt for 3-4 days a week of Path to Employment, whereas another person may opt for two days of Path to Employment.

What days can people attend Path to Employment?

Path to Employment will be during your Day Service center's scheduled days and hours.

What if I've never had a job before?

No experience is necessary! Path to Employment will help you gain and practice work and social skills. If you want to explore vocational opportunities and grow your independence, you are perfect for this program.

How do I get started with Path to Employment?

The first step in getting started is to contact Sandy Crowell, Assistant Director of Path to Employment. Sandy can be reached at (314) 804-4155 or scrowell@slarc.org.

"Exposure precedes interest, interest precedes motivation."