

Self-Employment Resources - alphabetically

Budget

- <https://www.score.org/resource/template/financial-projections-template>

Business Plan

- <https://www.score.org/asheville/resource/template/score-business-plan-template>

Business Structure

- <https://www.irs.gov/businesses/small-businesses-self-employed/business-structures>
- <https://www.sba.gov/business-guide/launch-your-business/choose-business-structure>
- <https://vcurrtc.org/resources/viewContent.cfm/789#:~:text=Answer:%20The%20sole%20proprietorship%20works,or%20settle%20a%20legal%20claim>

IRS

- **Checklist to starting a business:**
 - <https://www.irs.gov/businesses/small-businesses-self-employed/checklist-for-starting-a-business>
- **Small Business & SE Tax Center**
 - <https://www.irs.gov/businesses/small-businesses-self-employed>.

National Center on Self-Employment, Business Ownership & Telecommuting

- <https://centeronselfemployment.org/>
 - Courses: <https://centeronselfemployment.org/training/courses.cfm>.
 - E-newsletters: <https://centeronselfemployment.org/about/enews.cfm>

National Disability Institute (NDI)

- Transforming Lives for People with Disabilities
 - <https://www.nationaldisabilityinstitute.org/>
- Links to ABLE accounts, Benefits planning and tax assistance
 - <https://www.nationaldisabilityinstitute.org/financial-wellness/able-accounts/>
 - <https://www.nationaldisabilityinstitute.org/financial-wellness/benefits-planning/>
 - <https://www.nationaldisabilityinstitute.org/financial-wellness/taxes/>

- **Explore NDI's Free Financial Wellness Tools**

- <https://www.nationaldisabilityinstitute.org/downloads/#qrg!loading>
- NDI Small Business Hub
 - <https://www.disabilitysmallbusiness.org>

Profit & Loss Statement

- <https://www.score.org/resource/template/3-year-profit-and-loss-projection>

SCORE Small Business Mentors

- https://www.score.org/business-education?f%5B0%5D=format%3A44&f%5B1%5D=training_type%3Aonline
 - Has a lot of webinars, some free, some low cost
 - Free How to Choose The Right Business Structure

Small Business Administration

- <https://www.sba.gov/business-guide/10-steps-start-your-business>

Small Business Resources for Entrepreneurs with Disabilities

- <https://www.disabilitysmallbusiness.org/>
 - Has resources, podcasts & past events

SSA Choose Work – Ticket-to-Work

- **6 Essential Tips for Self-Employment Success**
 - <https://choosework.ssa.gov/blog/2025-08-27-6-essential-tips-for-self-employment-success.html>
- **Medicare and Medicaid Employment Supports**
 - <https://choosework.ssa.gov/library/fact-sheet-medicare-and-medicaid-employment-supports>

State Vocational Rehabilitation Agencies

- <https://rsa.ed.gov/about/states>

Tax Preparation, Identifying & Tracking Business Expenses

- Volunteer Income Tax Assistance (VITA)
 - <https://www.irs.gov/individuals/free-tax-return-preparation-for-qualifying-taxpayers>
- Identifying legitimate business expenses (IRS)
 - <https://www.irs.gov/forms-pubs/guide-to-business-expense-resources>

- Free business expense tracking
 - <https://www.cnbc.com/select/best-expense-trackers-for-small-business-owners/>
- Free time tracking apps
 - <https://www.forbes.com/advisor/business/software/free-time-tracking-apps/>

US Dept of Labor – Self-Employment & Entrepreneurship

- <https://www.dol.gov/agencies/odep/program-areas/employers/self-employment-entrepreneurship>
 - Has links to JAN (Job Accommodation Network)

VCU Rehabilitation Research & Training Center

- <https://vcurrtc.org/>
 - Training, webinars & free archived webcasts
 - Self-Employment: Start a Business Plan in One Hour
- Webcast Information - VCU RRTC
 - <https://vcurrtc.org/training/webcasts/archives/webcastDetails.cfm/1697>
- Success Stories from Wyoming VR
 - <https://vcurrtc.org/training/webcasts/archives/webcastDetails.cfm/1642>