

Transition Guide: Community



Everybody Knows My Name in My Community

Life is Full of Choices

You can be anyone you want to be. Start planning now to be part of your community. What means community to you? Is it friends? Family? Employment? Volunteering? Shopping? Living independently? Being a part of church, community organization, club or team? What does community mean to you? Set your sights on that goal, plan and prepare. Then enjoy your life...every day!



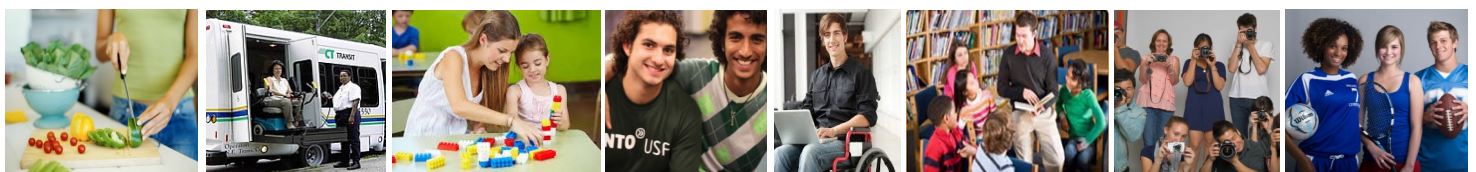
Sarah is all about jewelry and parties with friends. So what could be better than a jewelry party with friends?!

A home and family were Rachel's choice. Rachel works from home and cares for her husband and two boys.



PJ is going to college while doing a volunteer internship with a local disability organization.

Don't Graduate to Sit on the Couch. Get Out and Live!



Tired of your parent's menu?



Tired of eating fast food?



TAKE A COOKING CLASS

Love to take pictures?



Talk about your world using pictures



CREATE A BLOG USING PHOTOS

Love sports?



Like completion?



JOIN A TEAM OR TAKE LESSONS

Love children?



Not a certified teacher?



VOLUNTEER AT A LOCAL PRESCHOOL

Wanting more independence?



Don't drive and hate relying on others?



LEARN THE LOCAL TRANSIT SYSTEM

"Do something today that your future self will thank you for."
- Unknown

"The best way to predict the future is to create it."
- Abraham Lincoln

Check Out Local Options for Involvement

- ◆ Chamber of Commerce
- ◆ Civic clubs
- ◆ Teams
- ◆ Recreation centers
- ◆ Concerts
- ◆ Church participation
- ◆ Hobby clubs
- ◆ Disability organizations
- ◆ Sporting events
- ◆ Library or book stores
- ◆ Job corps
- ◆ Craft fairs, festivals
- ◆ Farms, agricultural centers and fairs
- ◆ YouTube training videos
- ◆ Sewing or quilting groups
- ◆ Restaurants
- ◆ Pet stores or vet offices
- ◆ Choir, band, orchestra
- ◆ Community college
- ◆ Museums and galleries
- ◆ Parks with hiking trails and camping
- ◆ Hunting and fishing
- ◆ Serve on boards or councils
- ◆ Drama troupes
- ◆ Community calendar of events
- ◆ **and that's just the beginning!**

Housing Options Within Your Community

- ❖ Complete independence
- ❖ Independence with oversight
- ❖ Roommates
- ❖ Duplexes
- ❖ Homes with "mother-in-law" quarters
- ❖ Living with an aide
- ❖ Living with family/friends/siblings
- ❖ Group homes
- ❖ Residential farms or communities
- ❖ Accessibility or ability to be made accessible

Look for Opportunities...

To live as independently as possible

To participate in activities

To develop relationships

To do things you love

To serve others

To learn more

To safely succeed at being part of your community



Make Your Life Meaningful

LEARN something

DO something

BE something

GIVE something

SAY something

SHARE something

GO somewhere

START something

TRY something



Family Support Services can include, but are not limited to: Respite care, day care services, home modifications, equipment, supplies, personal assistance, transportation, homemaker services, housing costs, health-related needs, nursing and counseling. <https://www.tn.gov/didd/consumers/family-support-program.html>

The TN Council on Developmental Disabilities initiative "**Supporting Families of Individuals with Disabilities**" puts together the best policies and strategies to support families in addressing the physical, social, emotional and material well-being of their entire family, including the member with a disability. <https://www.tn.gov/cdd/projects-and-initiatives/supporting-families.html>