

What's Out There to Help Me – Exploring Your Options

This is a quick reference guide to explore your options while preparing for or navigating life after high school. There are many more, but this will get you started!

Employment

- ❑ Vocational Rehabilitation
- ❑ Tennessee's American Job Centers (Career Centers)
- ❑ ECF – The Employment and Community First CHOICES Program
- ❑ Benefits to Work
- ❑ Project SEARCH

Post-Secondary Education

- ❑ Tennessee Universities
- ❑ Community Colleges
- ❑ Post-Secondary College Programs for students with Intellectual and Developmental Disabilities (and those who graduate without a regular education high school diploma)
- ❑ Tennessee Rehabilitation Center at Smyrna
- ❑ Offices of Disability Services on college campuses

Post-Secondary Training (Trade Schools)

- ❑ Tennessee Colleges of Applied Technology (*formerly the Technology Centers*)

Independent Living

- ❑ Tennessee's Centers for Independent Living
- ❑ ECF – The Employment and Community First CHOICES Program

Other Resources

- ❑ Tennessee's Technology Access Centers
- ❑ Tennessee Achieving a Better Life Experience (ABLE TN)
- ❑ Social Security Income
- ❑ Tennessee Disability Pathfinder

