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,

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

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

“Everybody Knows My Name in My Community”

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

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

“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

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

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
- Group homes
- Residential farms or communities
- Accessibility or ability to

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. [www.tn.gov/didd/section/family-support](http://www.tn.gov/didd/section/family-support)

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. [http://www.tn.gov/cdd/topic/supporting-families-community-of-practice](http://www.tn.gov/cdd/topic/supporting-families-community-of-practice)