

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,



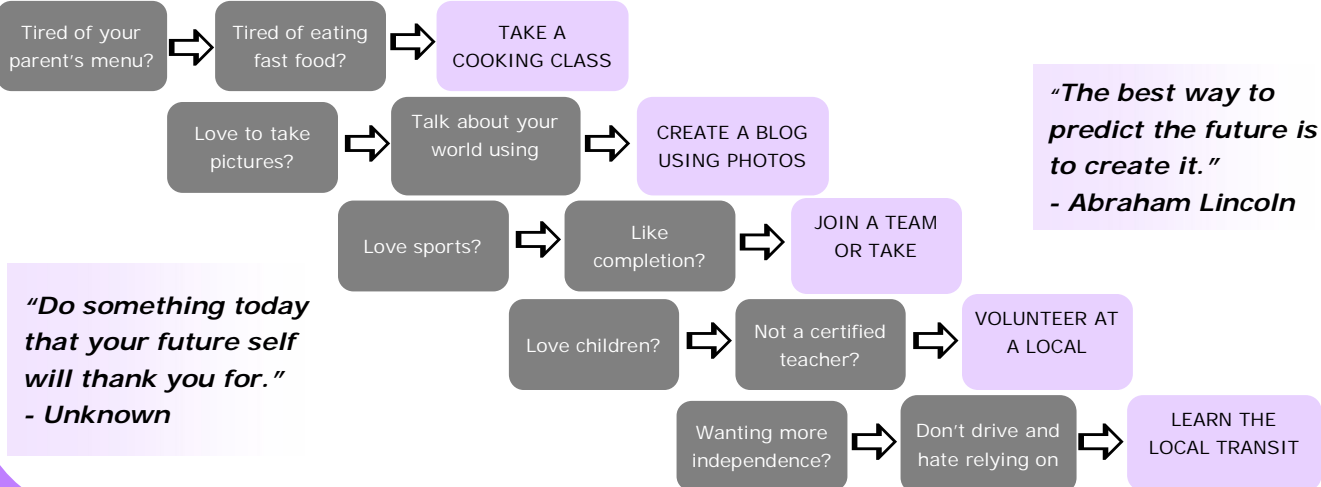
Sarah is all about jewelry and parties with friends. So what could be better than

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

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



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

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

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>