

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**  
[www.tn.gov/humanservices/ds/office-locator-trc-ttap.html](http://www.tn.gov/humanservices/ds/office-locator-trc-ttap.html)
- **Tennessee's American Job Centers (Career Centers)**  
[www.tn.gov/workforce/jobs-and-education/job-search1/find-local-american-job-center.html](http://www.tn.gov/workforce/jobs-and-education/job-search1/find-local-american-job-center.html)
- **The Employment and Community First CHOICES Program (ECF)**  
[www.tn.gov/tenncare/long-term-services-supports/employment-and-community-first-choices.html](http://www.tn.gov/tenncare/long-term-services-supports/employment-and-community-first-choices.html)
- **Project SEARCH**  
[www.tn.gov/humanservices/ds/vocational-rehabilitation/transition-services/project-search.html](http://www.tn.gov/humanservices/ds/vocational-rehabilitation/transition-services/project-search.html)
- **WorkAble TN (formally Benefits to Work)**  
[www.tndisability.org/workabletn](http://www.tndisability.org/workabletn)

### POST-SECONDARY EDUCATION

#### COMPREHENSIVE TRANSITION PROGRAMS

- **David Lipscomb University (Nashville) - IDEAL Program**  
<https://www.lipscomb.edu/education/special-programs/ideal-program>
- **East Tennessee State University (ETSU) - Access ETSU Program**  
<https://www.etsu.edu/coe/access/>
- **Union University (Jackson) - EDGE Program**  
[www.uu.edu/programs/education/edge/](http://www.uu.edu/programs/education/edge/)
- **University of Memphis (Memphis) - Tiger Life**  
<https://www.memphis.edu/tigerlife/>
- **University of Tennessee (Knoxville) - FUTURE Program**  
<http://futureut.utk.edu/>
- **Vanderbilt University (Nashville) - Next Steps Program**  
<https://peabody.vanderbilt.edu/nextsteps/>

#### COLLEGE SUPPORT PROGRAMS

- **Austin Peay State University (Clarksville) - Full Spectrum Learning**  
[www.apsu.edu/full-spectrum-learning](http://www.apsu.edu/full-spectrum-learning)
- **University of Tennessee (Chattanooga) - MoSAIC Program**  
[www.utc.edu/disability-resource-center/mosaic/](http://www.utc.edu/disability-resource-center/mosaic/)

### POST-SECONDARY TRAINING (TRADE SCHOOLS)

- **Tennessee Colleges of Applied Technology (formerly the Technology Centers)**  
[www.tbr.edu/institutions/colleges-applied-technology](http://www.tbr.edu/institutions/colleges-applied-technology)
- **Tennessee Rehabilitation Center at Smyrna**  
[www.tn.gov/humanservices/ds/trc-smyrna.html](http://www.tn.gov/humanservices/ds/trc-smyrna.html)

### INDEPENDENT LIVING CENTERS

- **disABILITY Resource Center (Knoxville)**  
<https://drctn.org/>
- **Empower TN (Nashville)**  
<https://empowertennessee.org/>
- **Memphis Disability Connection Midsouth (Memphis)**  
*(formerly Memphis Center for Independent Living)*  
<https://www.disabilitymidsouth.org>
- **TARP Center for Independent Living (Paris)**  
<https://www.tarp1.org/>
- **Tri-State Resource and Advocacy Corp. (Chattanooga)**  
<https://1trac.net/>
- **Jackson Area Center for Independent Living (Jackson)**  
<https://www.j-cil.com/>

### OTHER RESOURCES

- **ABLE TN**  
<https://able.treasury.tn.gov>
- **Tennessee Disability Pathfinder**  
<https://www.tnpathfinder.org/topic-of-interest>