

## Post-Secondary Options

**ABLE TN Program** - Tennessee Achieving a Better Life Experience (ABLE TN) is a savings program designed to help Tennessee residents with disabilities put aside money to pay for qualified expenses.

<https://able.treasury.tn.gov/>

**Colleges of Applied Technology** - Tennessee has 27 colleges of applied technology. They are the state's premier providers of state-of-the-art technical training for workers to obtain the technical skills and professional training necessary for advancement in today's competitive job market.

[www.tbr.edu/institutions/colleges-applied-technology](http://www.tbr.edu/institutions/colleges-applied-technology)

**Community Colleges** - The 13 community colleges in the Tennessee Board of Regents system comprise all two-year public institutions in Tennessee. Each community college has a specific service area.

[www.tbr.edu/institutions/community-colleges](http://www.tbr.edu/institutions/community-colleges)

**Diploma and Postsecondary Options** - A Parent's Guide on Tennessee Diploma and Postsecondary Education Options

[bit.ly/diploma-postsecondary-options](http://bit.ly/diploma-postsecondary-options)

**Social Security Income (SSI)** - A Federal income supplement program funded by general tax revenues (not Social Security taxes). It is designed to help aged, blind, and disabled people, who have little or no income; and it provides cash to meet basic needs for food, clothing, and shelter.

[www.ssa.gov/ssi/](http://www.ssa.gov/ssi/)

**Tennessee Inclusive Higher Education Alliance** - Post-Secondary Programs for students with Intellectual and Developmental Disabilities (IDD).

[tnihealliance.org/](http://tnihealliance.org/)

**Tennessee Promise Program** - Tennessee resident/U.S. citizen/eligible non-citizen/students who graduate from an eligible high school, homeschool, or earn a GED/HISET (prior to 19th birthday) can receive an award at an eligible postsecondary institution toward tuition and mandatory fees after all other gift aid has been first applied.

[www.tn.gov/tnpromise.html](http://www.tn.gov/tnpromise.html)

**Tennessee Rehabilitation Center** - a state-operated training center that provides career and technical education to prepare individuals with disabilities for greater independence and competitive integrated employment in their local communities.

[www.tn.gov/humanservices/ds/trc-smyrna.html](http://www.tn.gov/humanservices/ds/trc-smyrna.html)



**Tennessee's American Job Centers** - All 95 Tennessee counties are served by an American Job Center with qualified staff and open 8:00 A.M. to 4:30 P.M., Monday through Friday. Each American Job Center offers digital labor market information, free Internet access, workshops, online talent banks, job placement, recruitment, and training.

[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)

**Tennessee's Centers for Independent Living** - The Statewide Independent Living Council of Tennessee (SILC TN) is a technical assistance and systemic advocacy organization working to promote Independent Living philosophy and services in Tennessee.

[www.silctn.org/contact-us.html](http://www.silctn.org/contact-us.html)

**Vocational Rehabilitation** - The Division of Rehabilitation Services is responsible for the Vocational Rehabilitation (VR) Services program, which includes determination of eligibility, determination of the nature and scope of VR services and the provision of employment-focused rehabilitation services for individuals with disabilities consistent with their strengths, priorities, and resources.

[www.tn.gov/humanservices/ds/vocational-rehabilitation.html](http://www.tn.gov/humanservices/ds/vocational-rehabilitation.html)

## Videos and Webinars

### Transition to Adulthood – 5 Things You Can COUNT On

- Facebook Video: [bit.ly/Transition-to-Adulthood-5-Things-to-Count-On-Video](https://bit.ly/Transition-to-Adulthood-5-Things-to-Count-On-Video)

### TNSTEP YouTube On-Demand Training Series

- Planning for Life After High School: [www.youtube.com/watch?v=cyQYgs0InXo](https://www.youtube.com/watch?v=cyQYgs0InXo)

## Transition Resources

### Decision Making 101 Guide

[bit.ly/decision-making-101](https://bit.ly/decision-making-101)

### Reality Checklist

[bit.ly/step-reality-checklist](https://bit.ly/step-reality-checklist)

### Dude, Where's My Transition Plan booklet

[bit.ly/DudeTransitionbook](https://bit.ly/DudeTransitionbook)

### TNSTEP Transition to Adult Life Guides

[bit.ly/STEP-Transition-Guides-Complete-Set](https://bit.ly/STEP-Transition-Guides-Complete-Set)

### Everyone Has an Important Role

[bit.ly/step-transition-planning-roles](https://bit.ly/step-transition-planning-roles)

### Additional Links

[tnstep.info/transition/](https://tnstep.info/transition/)

### Getting Help with Making Choices

[bit.ly/getting-help-making-choices](https://bit.ly/getting-help-making-choices)



## Hands-On Activities

### Dream Building Activity

- An effective tool for students who have fine motor and communication needs
- Gives students a visual that represents a variety of post-school outcomes and allows them to express what is important to them
- Aids in the development of long-term goals

### Show Me the Money Budgeting Activity

- Helps students make career choices
- Aids students with salaries associated with careers
- Allows students to comprehend the cost of living independently
- Give students a visual on how to budget

Invite the TNSTEP team to come to your school or facility for an on-site session. For more details or to schedule a session email your request to [gethelp@tnstep.info](mailto:gethelp@tnstep.info)