

Independent Living: It's Your Journey

Transition Tennessee Virtual Fair

September 15, 2020



What Is Independent Living?

- Setting Your Own Goals
- Knowing and Using Your Resources
- Speaking Up for Yourself
- Connecting with Others
- Learning New Skills
- Becoming an Adult



What Is A Center for Independent Living?

A CIL is a Place Where People, Most of Whom Have a Disability, Will Empower You with the Resources and Support You Need to Meet Your Goals



Who Can Receive CIL Services?

Any Person Who Identifies As Having a
Disability, Has Personal Goals, and is
Ready to Achieve Them



How Can A CIL Empower Students With Disabilities?

- Goal Planning
- Resource Identification
- College and/or Employment Readiness
- Advocacy Training
- Ongoing Support



What Skills Can You Be Working On Now To Be Successful?

- Be Proud of Who You Are
- Identify What Is Important FOR You
- Identify What Is Important TO You
- Identify What You Need to Meet These Goals
- Identify What Help You May Need
- Identify Who You May Ask for Help
- Tell People What You Want
- Know That You Are Not Alone



How Do You Get Involved?

Empower Tennessee

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Primarily Serving: Cheatham, Davidson, Robertson, Rutherford, Sumner, Williamson, and Wilson Counties; but can serve other Middle Tennessee counties, too.

