

T.A.R.P. Center for Independent Living



- Presenter: Desiree Heckard
- About T.A.R.P.:
 - Founded in 2005 and is a 501(c)3
 - Directed and staffed by individuals with disabilities, goal of T.A.R.P. is to provide cross-disability services to promote active citizenship and create services that support self-determination and full participation in community life
 - Located in Paris, TN
 - Serves 8 Counties: Benton, Dickson, Henry, Houston, Humphreys, Montgomery, Stewart, and Weakley
- Contact Information
 - Website: <https://www.tarp1.org/>
 - Email: ilservices@tarp1.org
 - Call: 731-644-0026 or Text: 731-363-7792

T.A.R.P. Center for Independent Living



Independent Living Skills Training

- Assist consumers in developing the skills needed to live independently as possible.
- T.A.R.P.'s Independent Living Skills Trainers empower consumers with the knowledge to perform the daily tasks essential for maintaining or obtaining independence.
- Life skills can include the following:
 - Household budgeting and financial management, resume writing, job interviews, job etiquette, personal care, basic cooking skills, navigating through the social services system; problem-solving techniques, understanding reasonable accommodations, assistive technologies, and personal safety.