



## What are Resources?

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- **Resources** are items or services that can help you find information or can support the different needs you have.
- Resources can be outside **agencies**, websites, or people in your community that provide information and services.
- **Agencies** can be businesses or organizations that provide specific services and supports to you. There are many different types of agencies that provide services based on a person's individual needs.

Example:

**The Arc** is a national community-based organization that advocates for and with people with intellectual and developmental disabilities.

## What Types of Resources Can be Gathered?

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The types of resources you need may be different than the resources your classmates or friends need. It is important to think about what supports you will need to help you reach your goals after high school.

- **Advocacy and Independence:** Provides support and services that help you stand up for yourself and make sure your rights are protected

Example:

**Disability Rights TN:** Provides free legal and advocacy services to people with disabilities in Tennessee

- **Finances and Benefits:** Provides information and counseling about money management. Some resources can help you understand how to complete the FAFSA form and other options to help pay for college.

Example:

**Tennessee STEP UP Scholarship:** A program designed to assist students with intellectual disabilities who have completed high school and enroll in an eligible postsecondary education institution.



- **Postsecondary Education:** Formal learning environments where you learn new skills from teachers, trainers, or other professionals.

Example:

**College for TN:** College for TN is a free, online resource for college and career information in the state of Tennessee.

**Think College:** Think College is a free, online resource that provides information about inclusive higher education programs for students with intellectual disabilities.

## Other Types of Resources

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- **Employment:** Provides information and services to help you explore careers, build work skills, and find employment
- **Family Support:** Offers families support for living healthy, happy, and safely in the community
- **Recreation:** Assists you in structuring your free time by identifying leisure activities in the community that you would enjoy
- **Independent Living:** Provides assistance with finding appropriate housing and supports to help you live on your own

## How Do I Find Resources?

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To find resources that will meet your needs:

1. Identify areas in your life where you need support
2. Identify what type of resources can give you that support
3. Find resources in your community that you can access
4. Use [Tennessee Disability Pathfinder](#) or other websites to search for resources

## What Information Do I Need From My Resource?

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- A description of the services they provide and who they serve
- Location
- Contact information
- Website
- Cost



## When Should I Start Learning About My Resources?

- It is important to start the search for resources before you leave high school.
- Some agencies may have long waiting lists, so it is important to reach out as soon as possible.
- Some agencies only serve people with specific needs, so they will ask you to apply. This is to make sure you are eligible to receive support from them. If you are eligible, it means you meet requirements or have specific types of needs.
- Make sure to ask about eligibility criteria when contacting different resources. Some examples of this may be specific characteristics like a diagnosis or income level.

### Other Ways to Find Resources:

- Transition fairs
- College fairs
- Teachers and counselors
- Friends or family
- Websites and internet searches

## How Do I Create a Log to Keep Track of My Resources?

Examples of ways to store a resource log:

- Spreadsheet
- Binder
- Audio description of the resources using a smartphone
- An online profile

Information to include:

- Resource Name
- Description of resource
- The date you plan to contact them by
- Any notes that you want to write down after speaking with them

After you have gathered your resources, the next step can be to create a personalized Community Resource Map.

- A community resource map is a tool to help visually identify resources and places in your community where you can get involved.
- For more information: see the [Community Resource Maps Student Guide](#)