

Gathering Your Resources

For students who want to continue their education

Resources and Agencies

Resources are:

- **Agencies** - Businesses or organizations that provide specific supports and services to you
- **State Agencies** - Agencies run by the state. They can help anyone who lives in that specific state
- **National Agencies** - Agencies run by the country. They are available to you no matter what state you live in



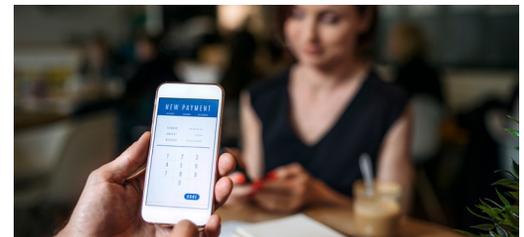
Types of Resources

There are different types of resources that can help you reach your goals after high school. The resources you need may be different than what someone else needs.

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



Finances and Benefits: Gives information about money management





Postsecondary Education: Helps you continue your education and learn new skills from instructors, trainers, or other people



Other Resources

Other resources are:

- **Education and Training:** Helps you continue your education so you can learn new skills from teachers, trainers, and other people.
- **Family Support:** Gives support to families in the community.
- **Recreation:** Provides fun activities to do during your free time.
- **Independent Living:** Helps with finding housing and supports needed to live on your own.

Finding Resources

1. Think about areas in your life where you need support.
2. Consider what type of resources can help you.
3. Use **Tennessee Disability Pathfinder** or other websites to search for resources.

Other Ways to Find Resources

- Transition Fairs
- Job Fairs
- Teachers and Counselors
- Friends and Family
- Websites and Internet Searches

When Should I Start Looking for Resources?

You should start looking for resources before you leave high school. You will need to make sure you are **eligible** or meet the requirements. You may have to apply for some services. There may be a waiting list so plan ahead and apply.



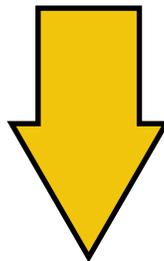
What Should I Do When I Find a Resource?

- Create a **resource log** to keep track of all the resources you find. This can be a spreadsheet, binder, audio description, or online profile.
- Make sure to write down:
 - The name of the resource
 - What services they provide and who they help
 - Where they are located
 - Phone number or email
 - Website address or link
 - Indicate if the resource charges a fee
 - The date you plan to contact them
 - Any notes you take after you talk to the resource
- Create a **Community Resource Map**
 - A community resource map is a tool to help you track the resources and places in your community that can help you in your day-to-day life.

Wrap Up

- **Resources** are **agencies or organizations** that can help you find information or support.
- There are many different types of resources.
- You can find resources using **Tennessee Disability Pathfinder**.
- You should keep track of the resources you identify.
- It is important to start gathering resources while you are still in high school.

KEEP READING FOR MORE DETAILS





What Are Resources?

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.

Examples:

Tennessee Department of Intellectual and Developmental Disabilities (DIDD) is a state agency that supports Tennesseans with intellectual and developmental disabilities to live the lives they envision for themselves

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?

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 finances and benefits resources can come directly from the government such as SSI, Medicaid, and Medicare.

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

- **Education/Training:** Formal learning environments where you learn new skills from teachers, trainers, or other professionals
- **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 have fun doing
- **Independent Living:** Provides assistance with finding appropriate housing and supports to help you live on your own

How Do I Find Resources?

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?

- 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
- Job 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](#)