



## Centers for Independent Living

### What should I know about Centers for Independent Living?

Centers for Independent Living are community-based, non-residential agencies for individuals with disabilities that provide an array of independent living services. There are 6 centers throughout the state. The following locations serve surrounding counties in the region:

- Knoxville (disABILITY Resource Center)
- Nashville (Empower TN)
- Memphis (Memphis Center for Independent Living)
- Paris (TARP Center for Independent Living)
- Chattanooga (Tri-State Resource and Advocacy Corp.)
- Jackson (Jackson Area Center for Independent Living)

Services and programs vary depending on the location, but include:

- Information and Referral
- Independent Living Skills Training
- Transition to Home Based Services
- Peer Support
- Technology Courses
- Braille Services
- Advocacy Resources
- Controls 4 Control (equip personal vehicles with hand controls) (*Middle Tennessee location only*)

### What should students know about Centers for Independent Living?

- Centers for Independent Living are located across the state.
- These centers help you live independently after you graduate. These centers are non-residential.
- They can help you with:
  - Household budgeting
  - Writing job applications and interviewing
  - Taking care of yourself
  - Cooking
  - Personal safety
- These centers can sometimes provide you with technology you need to work and live independently.



## Where do I contact Centers for Independent Living?

Access the contact information for the Center of Independent Living in your region on this [directory](#).

## Where do I find more information about the Centers for Independent Living?

[Video and Downloadable Resource](#): Transition TN Supports and Partnerships

Individual Center Websites are found here:

- Empower TN [website](#)
- TRAC [website](#)
- Jackson Center for Independent Living [website](#)
- TARP Center for Independent living [website](#)
- Memphis Center for Independent Living [website](#)

## How can I partner with the Centers for Independent Living on Pre-ETS?

- Collaborate with your local Center for Independent Living for a series of independent living skill lessons. Here are some examples of topics to cover:

- Assistive technology in the workplace
- Transportation skills
- Budgeting and paying bills

If a CIL representative can't attend many in-person classes, consider having them record a lesson on Zoom or Skype. Play this video in class, combined with activities.

- Invite a CIL representative to come for an afternoon and be interviewed by students about independent living skills.