Partner Overview:

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 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

**How can I partner with the Centers for Independent Living?**

* 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.

**How do I contact the Centers for Independent Living?**

Access the contact information for the Center of Independent Living in your region on this [directory](https://www.ilru.org/projects/cil-net/cil-center-and-association-directory-results/TN)

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

[Video and Downloadable Resource](https://transitiontn.org/Partner/centers-for-independent-living/): Transition TN Supports and Partnerships

Individual Center Websites are found here:

* Empower TN [website](https://empowertennessee.org/)
* TRAC [website](https://1trac.net/)
* Jackson Center for Independent Living [website](file:///C:\Users\User\Dropbox\Vanderbilt\Transition%20Tennessee\Blueprint.Portal.docx)
* TARP Center for Independent living [website](https://www.tarp1.org/)
* Memphis Center for Independent Living [website](https://sites.google.com/site/mcilaction/about-mcil/il?authuser=0)