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
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.