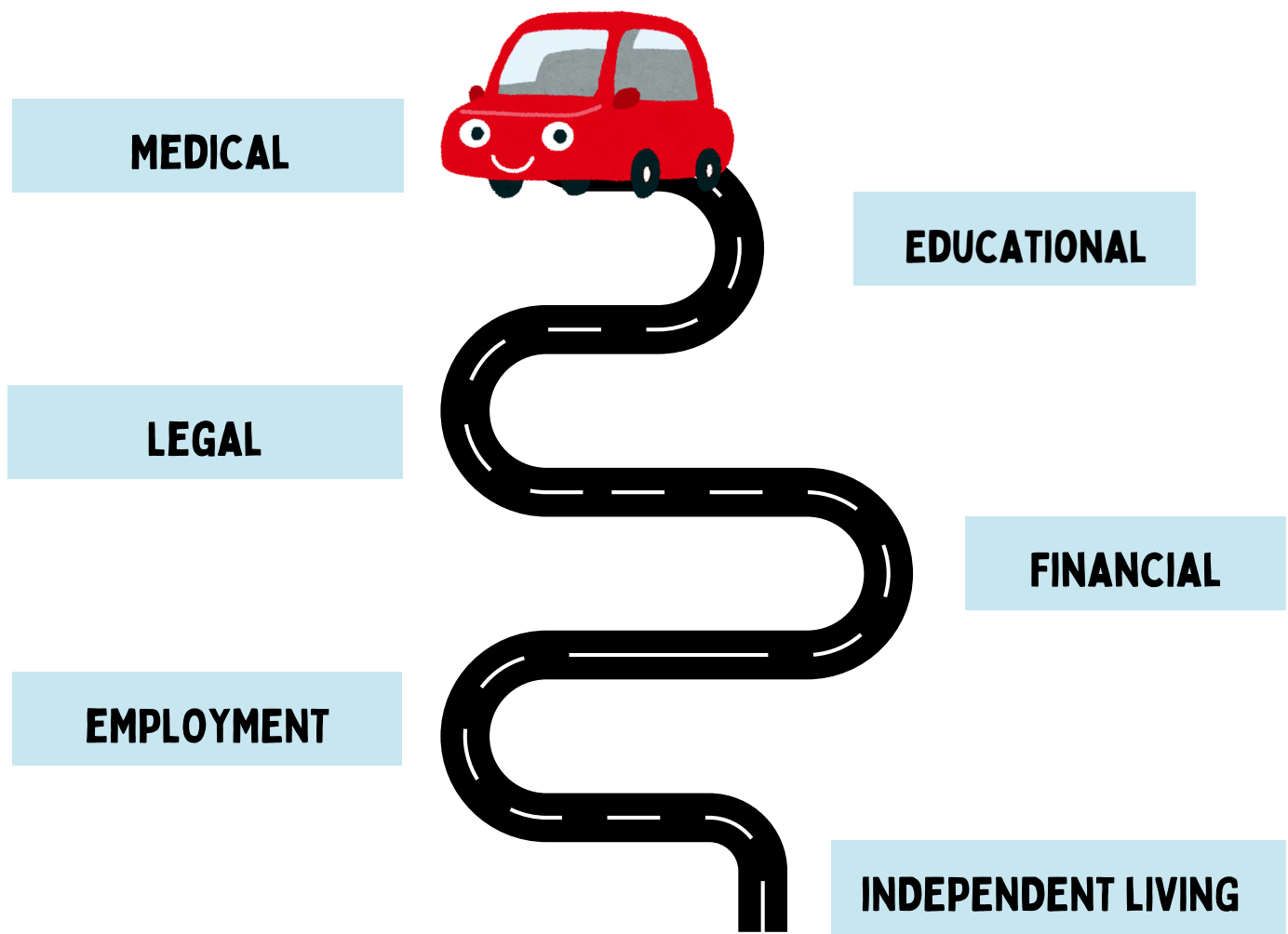
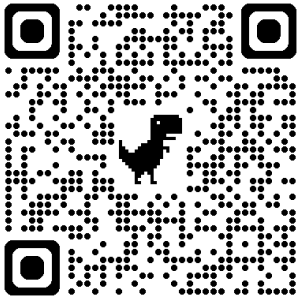


TRANSITION TO ADULthood

This handout is designed to help families start planning early and navigate each step with confidence. Inside, you'll find key topics to consider and trusted organizations that can help as you move forward on your journey.



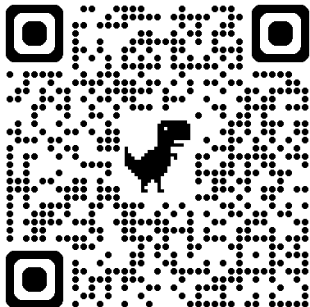
MEDICAL



HealthCare Transition Toolkit

<https://www.familyvoicestn.org/resources/transition/family-hct-toolkit-updated-nov-2022/>

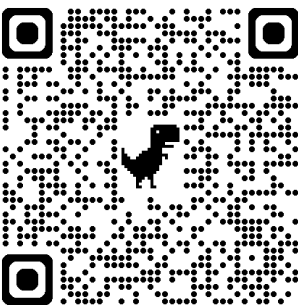
This toolkit was developed for families to use during pediatric-to-adult healthcare Transition.



Questions to Ask Your Doctor

<https://www.familyvoicestn.org/resources/transition/qs-to-ask-your-dr-parent-version/>

A resource of suggested questions to ask your child's doctor about the healthcare transition.



Lifecourse Tools

<https://www.lifecoursetools.com/lifecourse-library/exploring-the-life-domains/health-care-transition/>

This resource provides six toolkits to help understand, plan, and confidently transition from pediatric to adult health care.

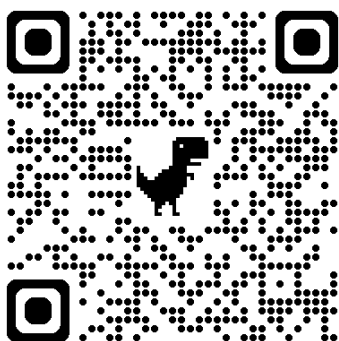
EDUCATIONAL



TNSTEP

<https://tnstep.info/>

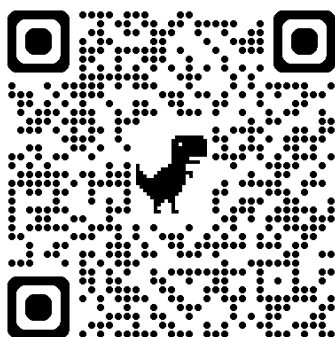
Provides training and advocacy around IEPs, IDEA, transition planning, and parent rights.



Transition Tennessee

<https://transitiontn.org/>

Provides information for families, educators, and youth with disabilities to plan for adulthood, including jobs, education, and independent living.

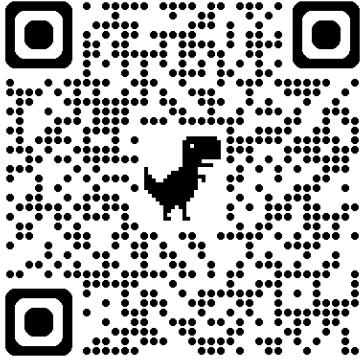


Tennessee Inclusive Higher Education Alliance

<https://tnihealliance.org/>

Tennessee offers eight Inclusive Higher Education (IHE) programs located in universities and colleges across the state.

LEGAL



Center for Supported Decision Making

<https://www.tndecisionmaking.org>

Information and tools on guardianship, supported decision-making, and legal options in TN.



Disability Rights Tennessee

<https://www.disabilityrightstn.org>

Legal advocacy and protection for people with disabilities. Can help with education, housing, employment, voting, and more.



Special Needs Financial Planning

<https://www.northwesternmutual.com/financial/advisor/kaci-fisher/>

Special needs financial planning helps families secure their child's future without risking vital benefits.

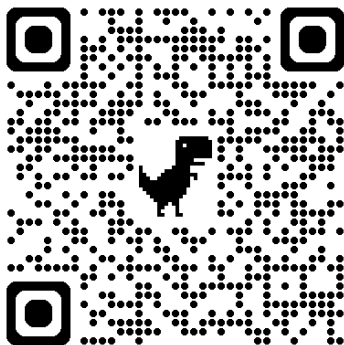
FINANCIAL



ABLE TN (Achieving a Better Life Experience account)

<https://able.treasury.tn.gov>

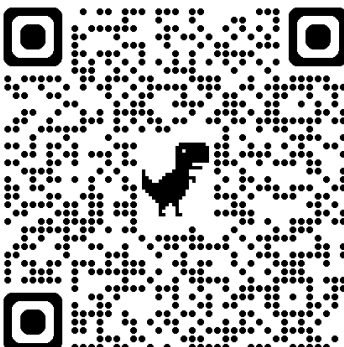
Allows people with disabilities to save money without affecting SSI or Medicaid.



SSI (Supplemental Social Security Insurance)

<https://www.ssa.gov/ssi>

Apply for SSI, understand rules for working while on benefits.

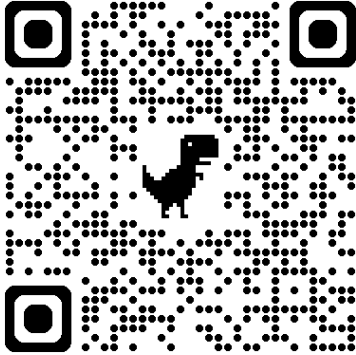


State Benefit Programs

<https://www.tn.gov/content/tn/disability-and-aging/disability-aging-programs.html#adults>

Administers programs that can help with housing, employment, and personal assistance.

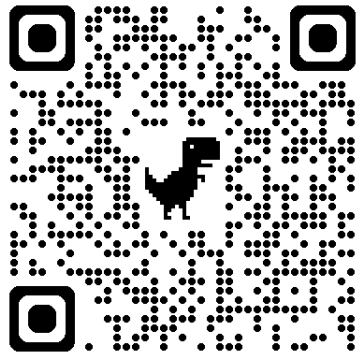
EMPLOYMENT



Vocational Rehabilitation (VR) Services

<https://www.tn.gov/humanservices/ds/vocational-rehabilitation.html>

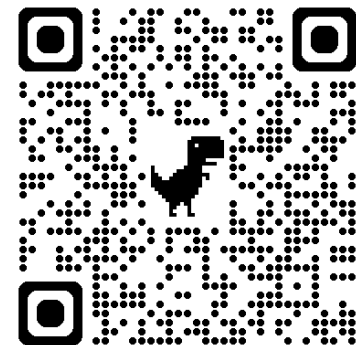
Helps eligible youth and adults with disabilities explore employment, receive job training, and access job coaches.



Employment & Community First (ECF) Choices

<https://www.tn.gov/disability-and-aging/disability-aging-programs/ecf-choices.html>

Medicaid waiver program that can include employment supports for eligible individuals.

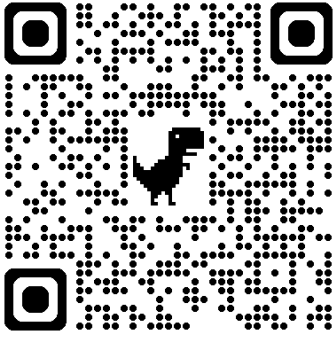


Project Search

<https://www.projectsearch.us/>

School-to-work transition program for students with disabilities. Available at multiple TN hospitals and employers.

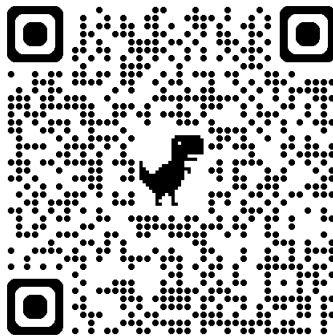
INDEPENDENT LIVING



Center for Independent Living in Tennessee

<https://www.silctn.org/cils-in-tn.html>

Nonprofit centers across Tennessee that provide life skills training, peer support, and advocacy for people with disabilities.



Independent Living for Young Adults who are Blind or Low Vision

<https://www.tn.gov/humanservices/ds/blind-visually-impaired-services/bvis-independent-living-services.html>

Instructors provide a wide range of services to all eligible individuals in the state.

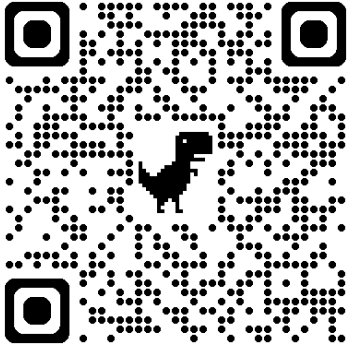


MAPS Program

<https://www.tn.gov/disability-and-aging/disability-aging-programs/maps.html>

Learn skills to work, live independently, and find hobbies.

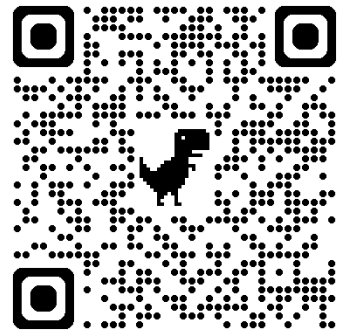
OTHER RESOURCES



Tennessee Disability Pathfinder

<https://www.tnpathfinder.org/>

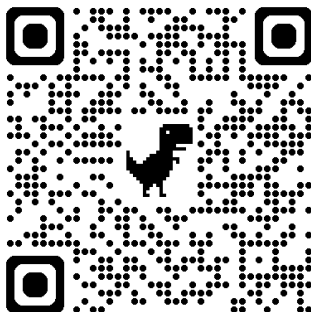
Helps individuals with disabilities and their families find programs, providers, and resources across Tennessee.



The Arc of Tennessee

<https://www.thearctn.org/>

Advocates for the rights of people with intellectual and developmental disabilities and connects families to support, education, and community resources across the state.



Beneficiary Support Program

<https://www.ltsshelptn.org/>

The Beneficiary Support System provides information and support to applicants and/or members of these TennCare programs.