



Tailored Day Services (TDS)

On My Own Independent Living Services TDS program is a community-based service that provides 1:1 support in the areas of post-secondary education, employment and volunteer opportunities. Other support areas may include, but are not limited to: community safety, self-advocacy, interpersonal skills, micro-enterprise/business startup, and mobility training. The schedule is flexible and tailored to each individual's needs.

Each participant chooses a one of the following areas as their main goal and receives support on a weekly basis in order to achieve their stated goal.

EMPLOYMENT

The employment track may include job exploration, job shadowing, employment assessments, and related activities in order for you to gain practical experience in the community.

- Creating a resume and cover letter.
- Practicing interview skills.
- Exploring the world of work through career interest and aptitude assessments.
- Working on employment-ready skills, such as attendance, interpersonal skills, and conflict resolutions.

POST-SECONDARY EDUCATION

The post-secondary track includes support in exploring post-secondary opportunities

- Choosing and enrolling in adult education, vocational/trade school, GED, colleges or other education.
- Accessing campus resources, such as disability services, tutors, and academic counseling.
- Applying for financial aid, scholarships, and other financial assistance.
- Developing and improving on necessary skills, such as organizational and computer skills.

VOLUNTEERISM

The volunteerism track is focused on building your pre-employment skills through valuable experiences at a volunteer site.

- Exploring career fields and obtaining a volunteer position in the community.
- Learning new tasks and skills through a community-based volunteer placement.
- Building networks and professional relationships to utilize in future employment search.