

# **Center for Independent Living Disability Resource Center**

**Partnering with YOU to Help  
People with Disabilities  
Reach THEIR Goals**



## **CIL Disability Resource Center**

**Center for Independent Living of Northwest Florida, Inc.**

**3600 North Pace Boulevard, Pensacola, FL 32505**



# What is a Center for Independent Living?

Founded in 1980 the Center for Independent Living Disability Resource Center (CILDRC) is an organization run by and for people with disabilities.

The CILDRC offers hope, provides support, and transforms lives by working with and on behalf of people with disabilities with dedication to their successes, at home, at school, at work, and in the community.

# Our Reality

There are over 79,000 people with disabilities in Escambia, Santa Rosa, Okaloosa, Walton Counties.

According to a 2010 Survey conducted by the Kessler Foundation and National Organization on Disability:

34% of persons with disabilities consider inadequate transportation to be a problem in their daily lives.

Only 21% of working age people with disabilities say they are employed, compared to 59% of people without disabilities.

Over 4X as likely to have health care needs that are not covered by health insurance.

Over 2X as likely to live in a household with an income of less than \$15,000 per year.

# Five “Core” Services

- Information & Referral
- Advocacy
- Independent Living Skill Training
- Peer Support
- Transition



# Information & Referral

The CILDRC connects people with and without disabilities to information and assistance to ensure they have access to the resources needed to achieve or maintain independence in their community.





# Types of Information & Referral

- Accessibility
- Assistive Technology
- Benefits Counseling
- Education
- Housing
- Legal Services
- Transportation
- And More...

# Individual & Systems Advocacy

The CILDRC facilitates individual and community change through the removal of barriers and creation of programs to maximize the participation of persons with disabilities in their community.



# Individual & Systems Advocacy Examples

- The CILDRC coordinates activities and information sessions to alert city and county officials of accessibility needs in our community..
- Assisting individuals with disabilities to navigate public systems including: Social Security, Community Mental Health, and more.



# Independent Living Skills Training

The CILDRC assists people with disabilities in the development of specific techniques, strategies, and skills they need to live independently in the community.



# Examples of Independent Living Skill Building Topics

- Decision-making
- Goal-setting
- Money management
- Personal health
- Problem solving
- Time management

# Peer Support/Counseling

Through Peer Support people with disabilities learn, grow, and become empowered by discussing their needs, goals, and challenges with other people with disabilities who have had similar experiences.



## Peer Support/Counseling Example

- Brian an adult mentor, met Mike a new mentee; both men have Spina Bifida and love sports, which they talk about all the time. Recently, they attended a CIL recreation event together. Brian is the first adult with Spina Bifida that Mike has ever met and it is very encouraging for Mike to know an adult with a disability who has a job, his own apartment, and a girlfriend.



# Transition

Transition is a new core service. It is defined two ways:

- 1) Providing services and supports that allow youth with disabilities develop and grow to successfully transition from teenager to adult.
- 2) Providing services and supports to assist people with disabilities in transitioning from an institutional setting back into the community.



# CIL Transition Services

- **Youth Skill Development:**
  - Learning Self Advocacy and Empowerment Skills
  - Learning about Self and Household Management
  - Learning about Nutrition & Health
- **Community Transition:**
  - Assisting individuals in nursing homes with finding accessible community housing
  - Our Assistive Technology Loan Closet offers equipment that can make living in one's own home possible

# Employment Program

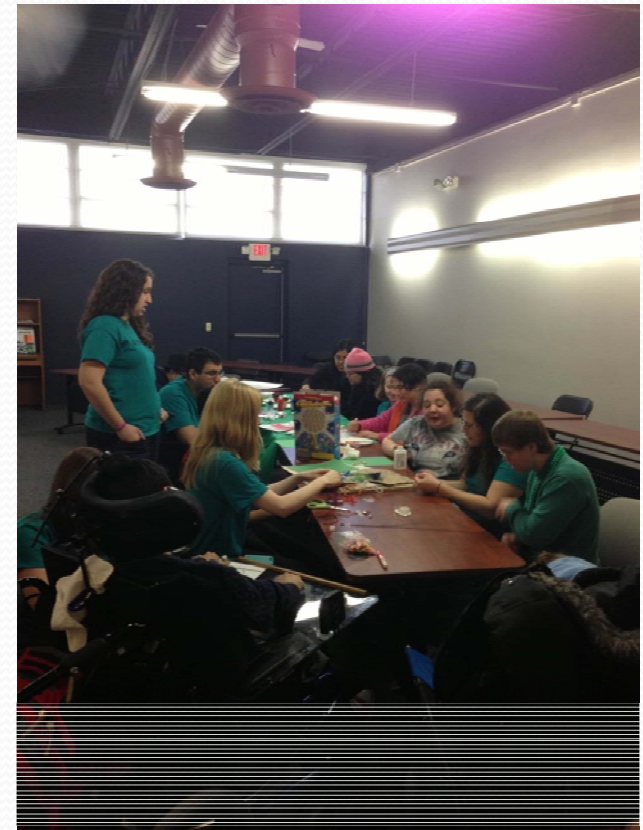
## We Help Individuals with Disabilities:

- Develop their resumes, fill out applications, search for jobs, and prepare for interviews.



# The CILDRC also provides:

- Support Groups
- Accessibility Consultation
- Assistive Technology Assessments, Trainings, and Loans
- Free Amplified phones for Deaf and Hearing Impaired
- Disability Awareness & Etiquette Workshops...and more





# Making a Difference:

CILDRC is committed to removing barriers to achieving goals for independence. Sometimes, those goals are related to assistive devices.

CILDRC provided funding for replacing batteries on a power wheelchair for a teenager. Hunter said “I am independent now, Mom!” From Roseann, mother of consumer Hunter: “As a parent to a child who has many health concerns, completing daily living skills can be a difficult task. That is until I was introduced to the Center for Independent Living. The people here assist anyone with a disability in any way they can. Not only did they get my son’s battery operated wheelchair up and running, but they also purchased a shower chair that was able to fit in my tub perfectly!!”

“I’m taking a shower like the big kids!”—Hunter

Roseann stated “the services Hunter received not only has had an effect on him, it has decreased the intensity of the labor involved in the crucial care I provide for my son, which has now been turned into an effortless, uncomplicated and manageable job.”

CILDRC is proud to assist consumers and their caregivers to have successes in the community.



# FAAST in Action...



Walter enjoys sensory-time playing the band jam via accessory switches.



Warren learns how to use the Bluebee Pal Puppy as a communication device.



LaVesta shows Carolyn how to use the Carson EZRead electronic reading aid at the CILDRC

## AVAILABLE ASSISTIVE TECHNOLOGY (AT) TRAININGS

- Working with Accommodations
  - How to make a written request?
  - What devices are available?
  - Who funds the accommodation and/or the device?
- Smart Technology for your Home or Office
  - How can smart technology save you money?
  - How does it work?
- Lending Library Sampler
  - Senior Kit
  - AT for School
  - AAC and Switches
  - Learning Tools

Other trainings can be made to fit your needs.

Call and book your staff's complimentary training today.



[www.cil-drc.org](http://www.cil-drc.org)

**#Here2Help**

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[www.faast.org](http://www.faast.org)

## How You Can Be Involved at the CIL DRC

To learn more and participate in our activities go to:

[www.cil-drc.org](http://www.cil-drc.org)

Volunteer at the CILDRC

For more information, to discuss other ways you can be involved with the CILDRC contact us!



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