

## ***Independent Living Skills***

Providing training on independent living skills that enable individuals with disabilities to live independently is one of the core services of our program. An individualized program is developed to include such skills as cooking, cleaning, and budgeting. Individuals also receive training on how to access services within the community that benefit their ability to live independently. Assistance may include, but is not limited to, housing, transportation, financial programs, and finances. Most services are free, but there are some that require meeting economic need.

### **Will Independent Living Services Benefit You?**

Here are some simple questions to ask yourself:

#### ***In the following areas are you independent?***

- Self Care/Personal Hygiene
- Money Handling
- Mobility/Transportation
- Communication
- Cooking
- Clothing Care
- Housecleaning
- Shopping
- Medical Resources
- Community Resources
- Housing
- Leisure/Social Activities
- Assistive Technology
- Advocacy
- Self-empowerment
- Peer Support