

Peer Support Program

Peer Support is an opportunity for individuals with disabilities to gain understanding and information from others who have gone through similar life experiences. Peer visitors assist participants in learning how to live independently as possible and to utilize community resources. This program is one of the more important services offered at ILC. Peer Support services are provided through one on one meetings (either in person, over the phone, or by email) or local group settings.

The Peer Support Program assists participants with development of the following skills:

- Coping with their disability
- Obtaining information and resources to allow them to advocate on their own behalf
- Assuming control over the decisions and choices that will affect their lives
- Advocacy
- Education
- Health
- Information and Referral

We offer various groups that meet monthly in selected areas throughout eastern South Dakota. Peer Support Groups feature monthly speakers and offer activities such as attending local conferences, bowling, picnics and bingo. Meetings and most activities are free to participants, but if there is a charge associated with the activity, it is usually at a discounted rate and participants will know in advance. The Youth/Young Adult Support Groups are open to participants ages 16+ but all other groups welcome participants of any age. Currently peer support groups meet in several locations in our 43 county service area. For more detailed information on a meeting being held in your area, please contact your local ILC office, or check out the Calendar of Events.

Individual Peer Support Counseling

Offers the opportunity for people with disabilities to give and receive one-on-one peer support with others with similar disabilities. A person receiving peer support may meet in person, over the phone, or by email with their peer support provider. Training is provided to those interested in being a peer support visitor. If interested in giving or receiving peer support counseling, please tell your IL Specialist or contact Sarah Jo at ILC by phone at 605-362-3550 or by email at i-l-c@ilcchoices.org.