

Independent Living Centers



TIP SHEET

Independent Living Centers (ILCs) are community-based, independent nonprofit organizations that are run by and for individuals with disabilities. They provide services that help those with disabilities lead independent, productive, and meaningful lives.

WHAT SERVICES DO ILCs PROVIDE?

All ILCs provide a core set of services geared toward promoting equal access, self-advocacy, personal growth, peer role modeling, and empowerment. These core services include:

- Peer counseling and support
- Independent living skills training:
 - Budgeting
 - Meal preparation
 - Transportation arrangement
 - Job search
 - Self-advocacy
- Information and referral services
- Individual and systems advocacy

OTHER SERVICES PROVIDED:

- Housing assistance
- Assistance with benefits and entitlements
- Help overcoming communication barriers
- Non-clinical personal counseling
- Help obtaining, using, repairing, and maintaining assistive equipment
- Voter registration assistance
- Disability awareness training
- Training and workshops on disability issues and laws
- Development of Plans to Achieve Self Support (PASS) for SSI/SSDI public assistance
- Community-specific training and services

