

## **INDEPENDENT LIVING SERVICES**

Centers for Independent Living must take the necessary steps to ensure services to persons with disabilities are provided. It is important that the center assess the needs of the service catchment area annually to determine what services are needed most and where the center may obtain volunteers or other resources to assist in meeting those needs.

### **Core services**

The following independent living core services are required:

- Information and referral
- Independent living skills training
- Peer counseling (including cross-disability peer counseling)
- Individual and systems advocacy

### **Discretionary services**

In addition to the four core services noted above, the center may provide:

- Counseling Services (including psychological, psychotherapeutic and related services)
- Services related to securing housing or shelter, such as those for community group-living and adaptive housing services (including appropriate accommodations to and modifications of any space used to serve, or be occupied by, individuals with significant disabilities)
- Rehabilitation technology
- Mobility training
- Services and training for individuals with cognitive and sensory disabilities (including life skills training, interpreter and reader services)

- Personal assistance services (including attendant care and training of personnel providing such services),
- Surveys and other activities to identify appropriate housing, recreational opportunities, accessible transportation and other support services,
- Consumer information programs on rehabilitation and independent living services, especially for minorities and other individuals with disabilities who traditionally have not been served or have been underserved
- Education and training necessary for living in the community and participating in community activities
- Supported living
- Transportation (including referral and assistance for such transportation)
- Physical rehabilitation
- Therapeutic treatment
- Provision of needed prostheses or other appliances and devices
- Individual and group social and recreational services
- Training specifically designed for young individuals with significant disabilities, to help them heighten their self-awareness and self-esteem, as well as develop advocacy and self-empowerment skills and explore their career options
- Services for children with significant disabilities
- Services under other federal, state or local programs designed to provide resources training, counseling or other assistance of substantial benefit in enhancing the independence, productivity and quality of life of individuals with significant disabilities
- Appropriate preventive services to decrease the need of individuals with significant disabilities for other services provided by the center
- Community awareness programs to enhance the understanding and integration into society of individuals with disabilities