Independent Living

Independent living (IL) is a philosophy and a social movement based on consumer choice, autonomy and control. Independent living believes that individuals with disabilities have the right to live with dignity and with appropriate support in their own homes, fully participate in their communities, and to control and make decisions about their lives.

Independent living centers (ILCs) embrace the IL movement. These organizations, located in most medium and large cities, are also an important resource for people with disabilities.

Services provided by independent living centers include help in finding housing, employment and personal care assistants. Many ILCs offer legal services or clinics, support for the Americans with Disabilities Act, peer support networks to connect you to people with similar circumstances, skills building (how to take the local transit system, for example) and many other referral services.

Websites

http://www.hhs.gov/acl/
Administration for Community Living (ACL)
Washington, DC 20201
The U.S. Department of Health and Human Services created the ACL to work on supports that will enable people with disabilities and seniors to live in the community.

http://www.cilberkeley.org/
Center for Independent Living
3075 Adeline Street, Suite 100
Berkeley, CA 94703
Phone: 510-841-4776; 510-848-3101
Video Phone: 510-356-2662
Email: info@cilberkeley.org
The Center for Independent Living in Berkeley, CA was the first center of its kind and remains a model for other ILCs across the country. The Center supports people with disabilities in active community participation and self-determination.
Independent Living Institute: Independent Living Centers, Grouped by Country

http://www.ilru.org/
Independent Living Research Utilization (ILRU)
1333 Moursund
Houston, TX 77030
Phone/TTY: 713-520-0232
E-mail: ilru@ilru.org
ILRU is a national center for information, training and technical assistance in independent living. They offer a directory by state of each independent living center in the U.S.

http://www.ilru.org/projects/silc-net/silc-directory
ILRU: State Independent Living Councils (SILCs)
Each state has a SILC.

http://www.ncil.org/
The National Council on Independent Living (NCIL)
2013 H St. NW, 6th Floor
Washington, D.C. 20006
Phone: 202-207-0334, 877-525-3400
TTY: 202-207-0340
Email: ncil@ncil.org
A membership organization that advances the independent living philosophy and advocates for human rights and services for people with disabilities to further full integration and participation in society.

On Demand Videos

Christopher & Dana Reeve Foundation’s Paralysis Resource Center’s streaming video on Independent Living Centers
www.paralysis.org click See All Videos in upper right, click on Paralysis Resource Center tab
LENDING LIBRARY

The following books and videos are available for free loan from the PRC library. For more information, please visit the online catalog at: http://www1.youseemore.com/ReevePRC/default.asp

Videos

Roberts was an important figure in the history of the independent living movement.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This project was supported, in part by grant number 90PR3002, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorships are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.