

Centers for Independent Living (CILs)

Presented by

VACIL

**Virginia Association of
Centers for Independent Living**



**“Freedom is never
voluntarily given...
it must be demanded...”**

Martin Luther King

**The Independent Living Movement
which spurred the birth of Centers for
Independent Living (CILs) began with
individuals struggling for self-
determined control over their own
lives.**

The Independent Living Movement was influenced by the struggle for civil rights in the 1950's and 1960's.



People with disabilities were not included as a protected class under the Civil Rights Act of 1964.



The goal of independent living advocates is the freeing of people with disabilities through choice and accessibility while educating the community on disability issues.



The desire for full participation in American society led to the passage of the Rehabilitation Act of 1973 and the Education For All Handicapped Children Act of 1974 (renamed the Individuals with Disabilities Education Act).



In 1978, the U.S. Congress passed Title VII of the Rehabilitation Act, which provided federal funding to assist states in starting community-based Centers for Independent Living. Title VII funding is intended to provide independent living services for individuals with severe disabilities.

A Center for Independent Living “is a consumer controlled, community based, cross disability, nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities.”

Centers for Independent Living provide an array of independent living services based on community needs and resources.

Consumer controlled means that people with disabilities significantly influence the power and authority in an organization that provides services to increase independence while seeking to improve the political, social and economic situations and the quality of life for all individuals with disabilities.

Consumer control over services means that it is the consumer who has the primary responsibility for identifying needs, setting goals, developing plans and strategies, and achieving independent living objectives.



Service Delivery System

Community based means that CILs are designed by and for the local community.

Cross disability means that CILs serve people with all types of disabilities.

Non-residential means that the CILs do not operate any type of residential facility.



Centers for Independent Living must provide four core services. Those services include independent living skills training, information and referral, peer counseling and individual and systems advocacy. In addition to the four core services, Centers also provide a number of other services based on community need and resources.

- **Independent Living Skills Training** – Instruction to develop independent living skills in areas such as personal care, coping skills, financial management, social skills, and household management, including education and training necessary for living in the community and participation in community activities.
- **Information and referral** - Information about assistive equipment, accessibility, legislation, and other disability related issues. Referrals are made to other agencies for services requested by consumers.

- **Peer Counseling** – Counseling, teaching, information giving, and similar kinds of contact provided by other individuals with disabilities.
- **Advocacy** – Advocacy and assistance and/or representation in obtaining access to those benefits, services and programs to which an individual with significant disabilities may be entitled.



Services to the community include increasing disability awareness, providing technical assistance regarding accessibility and legal issues, and sharing general disability related information.



Centers for Independent Living are non-profit organizations that are funded by state, federal, and local dollars.

Centers also accept private funding to meet service needs.



The first Center for Independent Living in Virginia was established in 1981 as Endependence Center, Inc in Norfolk.

Today, there are sixteen Centers for Independent Living in Virginia.

- **Access Independence**

Winchester

- **Appalachian Independence Center**

Abingdon

- **Blue Ridge Independent Living Center**

Roanoke

- **Clinch Independent Living Services**
Grundy
- **DisAbility Resource Center**
Fredericksburg
- **Eastern Shore Center for Independent Living**
Exmore
- **Endependence Center**
Norfolk

- **Endependence Center of Northern Virginia**
Arlington
- **Independence Empowerment Center**
Manassas
- **Independence Resource Center**
Charlottesville

- **Junction Center for Independent Living**
Norton and Wise
- **Lynchburg Area Center for Independent Living**
Lynchburg
- **Peninsula Center for Independent Living/
Insight Enterprises**
Hampton

- **Piedmont Independent Living Center**
Danville
- **Resources for Independent Living**
Richmond
- **Valley Associates for Independent Living**
Harrisonburg

Branch Offices

- Much like private business, some CILs operate Branch Offices in parts of their catchment area to ensure that services are more accessible to consumers who live in outlying areas. For example:
- AIC, Abingdon, has branch offices in Bristol, Galax and Wytheville
- BRILC, Roanoke, has a branch office in Low Moor
- VAIL, Harrisonburg, has a branch office in Lexington
- PILC, Danville, has a branch office in Martinsville

Branch Offices (cont.)

- RIL, Richmond, has branch offices in Chesterfield and Hanover
- IEC, Hampton, has branch offices in Williamsburg and Hartfield
- JCIL, Norton, has a branch office in Duffield

Satellites

- With funding provided by the Department of Rehabilitative Services and interest from consumer groups, two Satellites were started in areas of the state that are not currently covered by a free-standing Center for Independent Living.
- The hope was that additional funding would be allocated to enable these Satellites to become free-standing Centers for Independent Living.

New River Valley Satellite

- The Blue Ridge Independent Living Center (BRILC), Roanoke operates a Satellite in Christiansburg that serves the counties of Floyd, Giles, Montgomery and Pulaski and the city of Radford.
- With the current level of funding (approx. \$74,000), two (2) full-time staff provide the four core services to individuals with disabilities located throughout this area.
- BRILC Roanoke staff provide administrative and supervisory support.

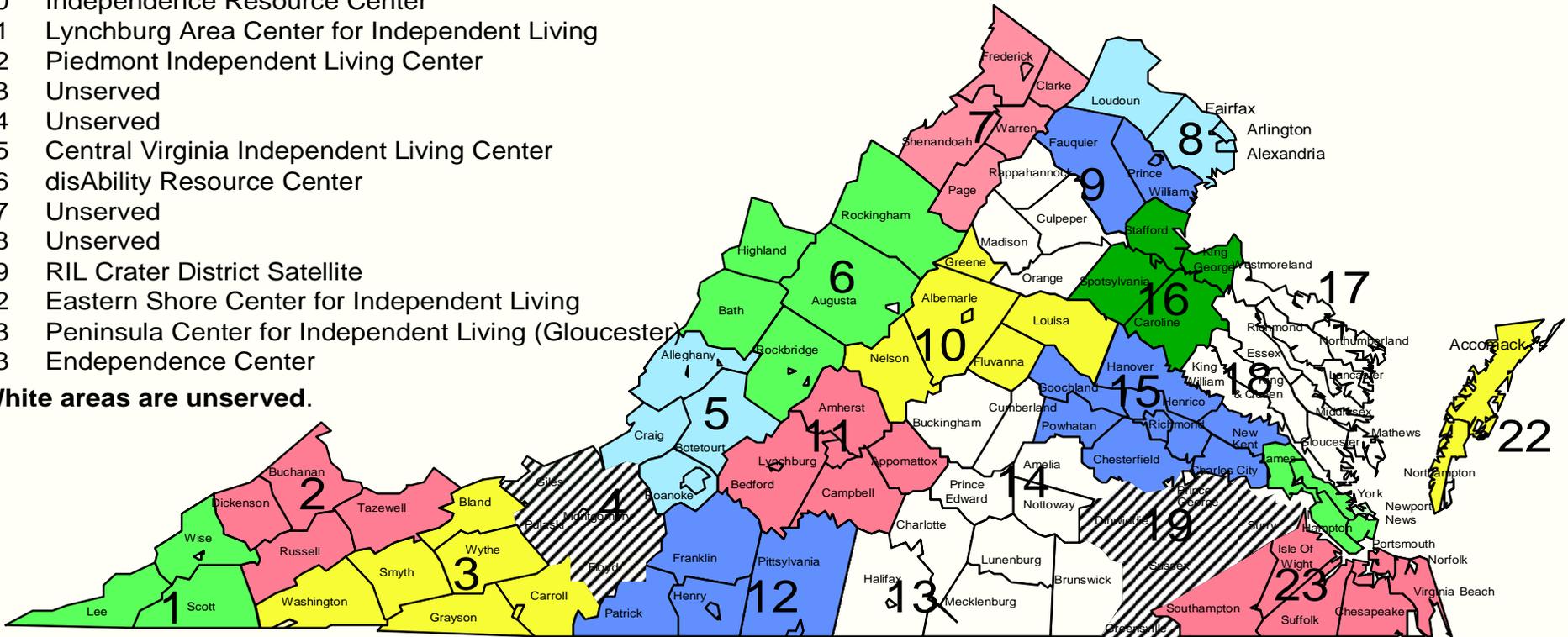
Crater District Satellite

- Resources for Independent Living (RIL), Richmond operates a Satellite in Petersburg that serves the counties of Dinwiddie, Greensville, Prince George, Surry and Sussex and the cities of Petersburg, Hopewell and Colonial Heights.
- With the current level of funding (approx. \$68,000) one (1) full-time staff provides the four core services to individuals with disabilities located throughout this area.
- RIL Richmond staff provide administrative and supervisory support.

Centers for Independent Living (CILs) By Planning District

- 1 Junction Center for Independent Living
- 2 Clinch Independent Living Services
- 3 Appalachian Independence Center
- 4 BRILC New River Valley Satellite
- 5 Blue Ridge Independent Living Center
- 6 Valley Associates for Independent Living
- 7 Access Independence
- 8 Independence Center of Northern Virginia
- 9 Independence Empowerment Center (Fauquier and Prince William counties only)
- 10 Independence Resource Center
- 11 Lynchburg Area Center for Independent Living
- 12 Piedmont Independent Living Center
- 13 Unserved
- 14 Unserved
- 15 Central Virginia Independent Living Center
- 16 disAbility Resource Center
- 17 Unserved
- 18 Unserved
- 19 RIL Crater District Satellite
- 22 Eastern Shore Center for Independent Living
- 23 Peninsula Center for Independent Living (Gloucester)
- 23 Independence Center

White areas are unserved.



Virginia Association Of Centers for Independent Living

Vision Statement

People with disabilities in Virginia will have a community based, consumer-directed service delivery system.

5,989 Individuals with Disabilities Currently Live in Nursing Homes

- 64 are children 5 and younger
- 108 are children between 6 and 20
- 845 are individuals between 21 and 44
- 3,462 are between 44 and 64

All 5,989 have told the Virginia Department of Medical Assistance Services that they want to leave the nursing home!

VACIL's Budget Initiative

- Will include a request for \$2 million to:
 - Expand outreach and transition services to people in nursing homes and to divert people from initial nursing home placement
 - Be distributed equally among the 16 CILs and to establish CILs in Loudoun County, Middle Peninsula, the New River Valley and Petersburg

VACIL's Request

- We ask for the Disability Commission's support to help us fulfill our vision by championing our budget initiative to assist 5,989 individuals with disabilities to receive outreach and transition services and to provide funding for CILs in four areas of the state.

Thank you!

- VACIL would like to thank the Disability Commission for its past and continued support of centers for independent living and the individuals with disabilities that we assist!