



“There has never been a better time for people with disabilities to live and work. We are **creating awareness for others**. We are teaching ourselves and others about the many faces of “normal.” We are **empowering ourselves** to function independently in our community and accept responsibility for **making our dreams happen**; for although we may need help due to our disability, we are not helpless.”



CONTACT US TODAY TO LEARN
HOW YOU CAN HELP
OR HOW WE CAN HELP YOU!



**Center FOR
Independent Living**
OF NORTH CENTRAL FLORIDA

**EMPOWERING INDIVIDUALS
WITH DISABILITIES**



**EMPOWERING
INDIVIDUALS
WITH DISABILITIES**



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SERVING 16 COUNTIES IN NORTH CENTRAL FLORIDA
STAFFED & GOVERNED BY A MAJORITY OF PERSONS
LIVING WITH DISABILITIES

What are Independent Living Skills?

Independent Living Skills are the skills needed to take care of oneself, to work and to engage in activities within the community.

These skills cover every aspect of our lives. Some examples of independent living skills are: cooking, budgeting, managing money, shopping, pursuing social or recreational activities and communicating appropriately as well as effectively with others.

People with disabilities may have difficulty with one or more independent living skills. This may have a detrimental impact on the person's life. However, independent living skills can be developed through training provided by the Center for Independent Living.



Components of the Program

- An independent Living Skills Assessment is performed by the consumer and an Independent Living Skills Specialist. This will enable the consumer to identify the areas in which she or he may experience some type of difficulty.
- Using the results of the assessment, the consumer will develop personal goals and work with staff to create a plan of action toward achievement of their goals.
- Periodically, these goals will be reviewed. At these times, the goals may be revised and/or new goals may be written.

Who is Eligible to be a Consumer?

Anyone with a disability who lives within the Center for Independent Living of North Central Florida's 16 county service area and experiences some need in the area of Independent Living Skills.

How is this Program Unique?

- Individualized skills development training is offered in small groups and 1-on-1.
- Services are free of charge.
- The consumer is eligible for other services; for example: advocacy, peer support, travel training, and information and referral.

Benefits of the Program

The Independent Living Skills program will impact each consumer according to his/her needs and participation. Some of the many benefits include:

- Increased self-reliance.
- Increased self-confidence.
- Increased quality of life.
- An opportunity to be a productive citizen fully empowered and in control of his/her own life.