



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.

Please see the Christopher & Dana Reeve Foundation Paralysis Resource Center web site www.paralysis.org for more information.

Websites

<http://www.hhs.gov/news/press/2011pres/01/20110106a.html>

HUD and HHS announce joint effort to assist nearly 1,000 non-elderly persons with disabilities to move from institutions to independence (news release, January 6, 2011)

<http://www.cilberkeley.org/>

Center for Independent Living

3075 Adeline Street, Suite 100

Berkeley, CA 94703

Phone: 510-841-4776; 510-848-3101 (TTY)

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.

<http://www.ilru.org/>

Independent Living Research Utilization

2323 South Shepherd, Suite 1000

Houston, TX 77019

Phone/TTY: 713-520-0232

E-mail: ilru@ilru.org

A national center for information, training and technical assistance in independent living.

<http://www.ncil.org/>

The National Council on Independent Living

1710 Rhode Island Avenue Northwest, 5th Floor

Washington, D.C. 20036

Phone: 202-207-0334, 877-525-3400

TTY: 202-207-0340

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.

<http://www.independentliving.org/>

Independent Living Institute

ILI is a policy development center specializing in consumer-driven policies for disabled peoples' self-determination, self-respect and dignity. The foundation provides information, training materials and develops solutions for services for persons with extensive disabilities in Sweden and internationally.

<http://www.independentliving.org/links/links-independent-living-centers.html>

Independent Living Institute: Independent Living Centers, Grouped by Country

The following videos are available for free loan from the PRC library. For more information, please see www.paralysis.org and click *Borrow from Our Lending Library* under PRC Quick Links.

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

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