**Independent Living**

***DC Agencies and Organizations***

**DC Statewide Independent Living Council (DCSILC)**Statewide Independent Living Councils (SILCs) advise Centers for Independent Living on issues, identify the need for expanded independent living services, and create a State Plan for Independent Living (SPIL), which sets priorities and achieves needed funding for Centers statewide.  SILCs take it as their mission to be a driving force in the development of Centers for Independent Living, providing assistance to new communities and advanced training and technical assistance to established CILs.

**Address**: 1125 15th Street, Floor 9, NW, Washington, DC 20005
**Phone**: (202) 442-8748; **Fax**: (202) 442-8725
**Email**: dcsilc@msn.com

**Website:** <https://sites.google.com/a/dc.gov/dcsilc>

**DC Center for Independent Living, Inc., (DCCIL)**The DC Center for Independent Living, Inc., (DCCIL) is a consumer controlled, cross disability, community based, private non-profit organization that promotes independent life styles for persons with significant disabilities in the District of Columbia. The District of Columbia Center for Independent Living (DCCIL) Inc. was established in April 1981 to promote independent life styles for people with significant disabilities, to assist persons with significant disabilities to meet their selected independent living goals, and to mainstream people with disabilities into society.

**Address**: 1400 Florida Avenue Northeast, Suite 3A, Washington, DC 20002
**Phone**: (202) 388-0033; **TTY**: (202) 388-0277; **Fax**: (202) 398-3018
**Email**: Richard Simms, Executive Director at  rsimms@dccil.org

**Website**: <http://www.dccil.org/>

**DCCIL Anacostia-Satellite Office**

**Address**: 2443 Good Hope Road, Southeast, Washington, DC 20020
**Phone**: (202) 889-5802; **TTY**: (202) 889-0866; **Fax**: (202) 889-1159
**Website**: <http://www.dccil.org/>

**Independent Living Services through the Rehabilitation Services Administration in the DC Department of Disability Services**The RSA Independent Living Services (ILS) program promotes self-sufficiency despite the presence of one or more significant disabilities.

**Address**: 1125 15th Street, NW, Washington, DC 20005
**Phone**: (202) 730-1700; **TTY**: (202) 730-1516; **Fax**: (202) 730-1843
**Email**: dds@dc.gov
**Website**: <http://dds.dc.gov/page/independent-living-services>

**Olmstead Community Integration Initiative:  One Community for All**

The DC Olmstead Community Integration Plan, One Community for All is a policy document that details the rights of each person with a disability to self-determination in the District of Columbia. One Community for All endeavors to meet the needs and preferences of the individual while allowing him or her to choose where s/he wants to live in the community with the appropriate supports and services consistent with the Olmstead decision and the resources available to the District to serve such individuals, taking into account the needs of others. The Plan is a living document, providing specific goals, action steps, and tools, while allowing for better flexibility and improved services for individuals with disabilities.

**Website**: <http://odr.dc.gov/book/olmstead-community-integration-initiative-one-community-all>

***Federal Agencies and National Organizations***

**National Council on Independent Living (NCIL)**This is a membership organization that advances independent living and the rights of people with disabilities through consumer-driven advocacy.

**Address:** 2013 H Street, NW, 6th Floor, Washington, DC 20006
**Phone:** 202-207-0334; **Fax:** 202-207-0341; **TTY:** 202-207-0340; **Toll Free:** 877-525-3400

**Email:** ncil@ncil.org  **Website**: <http://www.ncil.org/>

**Independent Living Research Utilization (ILRU)**The ILRU (Independent Living Research Utilization) program is a national center for information, training, research, and technical assistance in independent living. Its goal is to expand the body of knowledge in independent living and to improve utilization of results of research programs and demonstration projects in this field.

**Phone**: (713) 520-0232 (Voice/TTY); **Fax**: (713) 520-5785
**Email**: ilru@ilru.org
**Website**: [http://www.ilru.org](http://www.ilru.org/)

**Administration on Community Living** **at Department of Health and Human Services**
The goal of this new agency is to increase access to community supports and full participation, while focusing attention and resources on the unique needs of older Americans and people with disabilities.

**Address:** U.S. Department of Health & Human Services,

200 Independence Avenue, S.W., Washington, D.C. 20201

**Phone**: 202-357-3566
**Website**: <http://www.acl.gov>

**Association of Programs for Rural Independent Living (APRIL)**APRIL is a national grass roots, consumer controlled, nonprofit membership organization consisting of centers for independent living, their satellites and branch offices, statewide independent living councils, other organizations and individuals concerned with the independent living issues of people with disabilities living in rural America.

**Phone**: (501) 753-3400; **Fax**: (501) 753-3406

**Website**: [http://www.april-rural.org](http://www.april-rural.org/)

**National Organization to End the Waitlists (NOEWAIT)**NOEWAIT is a grass-root, national, social justice movement organized to ensure full opportunity, choices, freedom, and self-determination for people with intellectual and developmental disabilities in every community by eliminating wait lists for services in every state.

**Email:** noewait@noewait.net

**Website**: <http://www.noewait.net/>

**Consumer Consortium on Assisted Living (CCAL)**This is a national nonprofit consumer-based organization nationwide focused on the needs, rights and protection of assisted living consumers, their caregivers and loved ones.

**Address**: 2342 Oak Street, Falls Church, VA 22046
**Email**: info@ccal.org
**Website**: <http://www.ccal.org/>

**Clearinghouse for Home and Community Based Services**HCBS.org is part of the National Association of States United for Aging and Disabilities. It is the premier clearinghouse promoting the development and expansion of home and community-based services for people of all ages who depend on these supports to live in their homes and participate fully in community life. HCBS.org provides program developers, policy makers, researchers, funding organizations, advocacy groups, and others engaged in systems change with timely access to information, tools, data, and state-produced resources on best practices.

**Address**: National Association of States United for Aging and Disabilities, 1201 15th Street, NW, Suite 350, Washington, DC 20005
**Phone**: (202) 898-2578
**Email:** info@nasuad.org
**Website**: <http://www.hcbs.org/>

***Other Independent Living Resources***

**Making the Move to Managing Your Own Personal Assistance Services (PAS): A Toolkit for Youth with Disabilities Transitioning to Adulthood**

This guide assists youth, and adults too, in strengthening some of the most fundamental skills essential for successfully managing their own personal assistant services (PAS): effective communication, time-management, working with others, and establishing professional relationships.  Such skills are key to not only enhancing independence, but also thriving in the workplace and growing professionally.

**Website**: <http://www.ncwd-youth.info/PAS-Toolkit>

**Independent Living Checklist**Being more independent means taking an active role in your health and wellness, personal care, job training, school work, and other areas of your life. This checklist has some questions to ask yourself to see whether you are prepared to live more independently. You may not be able to answer “yes” (or “always”) to every question listed, but you should be familiar with where to go for assistance services.

**Website**: <http://www.ncwd-youth.info/sites/default/files/IndependentChecklist_PAS.pdf>

**Identifying What to Look for in a Personal Assistant**As part of the transition to adulthood, you may need personal assistance services. The next step is to figure out potential assistants’ responsibilities and hours of work. The information below can help you get started in determining what you want and need from your assistants, as well as in communicating with your assistants once they start working. Since you are now the boss, it’s important to establish and maintain good communication with your employees.

**Website:** <http://www.ncwd-youth.info/sites/default/files/Identifying_PAS.pdf>

**Hiring and Managing Personal Assistants**This manual was developed by The Arc Michigan to promote self-determination through meaningful consumer direction and control.

**Website**: <http://nasuad.org/hcbs/article/hiring-and-managing-personal-assistants>

**Thinking Outside the Box: Service Dogs**The tools to help people with disabilities live independently don’t just come in the form of other people or services. Over the last 20 years, a growing number of people with disabilities have come to rely on animals, such as dogs, monkeys, and ponies, for assistance. Since space is limited, the discussion here will focus on dogs. But before considering whether a dog might help you be more independent, it’s important to make the distinction between assistance dogs and service dogs.

**Website**: <http://www.ncwd-youth.info/sites/default/files/outsidetheBox_PAS.pdf>

**Independent Living Glossary of Terms**Terms and definitions relating to independent living.

**Website**: <http://www.getriil.org/glossary.html>

**How to Pursue Supported Living Workbook**This bookletexplains supported living and helps you decide whether or not supported living is right for you or your family member. It also talks about how to get supported living services and how to find a supported living agency.

**Website**: <http://www.allenshea.com/CIRCL/sls50guide.pdf>

**The Community Choice Act: A Vision for Attendant Services and Supports** **(from Adapt)**The following two links provide information on the Community Choice Act, which is a United States federal legislative initiative introduced by then Senator Tom Harkin of Iowa.

**Website**: <http://www.adapt.org/freeourpeople/download/CCAsum08a.pdf>

**The Community Choice Act: A Community-Based Alternative to Nursing Homes and Institutions for People with Disabilities**

 **Website**: <http://www.adapt.org/cca/>