# What is Independent Living?

A movement, a philosophy, specific programs that provide tools, resources, and support for integrating people with disabilities fully into their communities to promote equal opportunities, self-determination, and respect. All people can:



- Live with dignity,
- Make their own choices, and
- Participate fully in society.

## Why Community Living?

- People prefer to live in their own homes.
- It is a legal right.
- It costs less.
- Everyone benefits when everyone can contribute.

#### America is home to...

403 Centers for Independent Living 330 Branch Offices 56 Statewide Independent Living Councils

### Centers for Independent Living (CILs)

CILs are hubs of disability information, resources, services, and advocacy. CILs have a unique ability to creatively address barriers within their individual communities, allowing the CIL network to respond quickly and effectively in times of crisis and emergency. Investing in CILs benefits the entire community and yields a strong return for taxpayers. Federally funded CILs provide five core services:

1	2	3	4	5
Information & Referral Services	Independent Living & Life Skills Training	Individual & Systems Advocacy	Peer Support & Mentoring for Youth and Adults	Institutional Transition & Diversion; Youth Transition

### Statewide Independent Living Councils (SILCs)

Each state and U.S. territory is required to maintain a SILC. SILCs develop a three year strategic plan that creates a unified vision for the state on how to address barriers to independent living and other issues impacting people with disabilities.

#### Department of Health and Human Services, Administration for Community Living (ACL)

The Office of Independent Living Programs (OILP) within ACL is tasked with overseeing Independent Living agencies on a national level.

#### Founding Document: Title VII, Rehabilitation Act of 1973, as amended

There are two types of CIL funding:

- Subchapter B Independent Living Services
- Subchapter C Centers for Independent Living.

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