



**WAZE TO
ADULTHOOD**

Planning for YOUR Future

Center for Independent Living

What is a Center for Independent Living?

A Center for Independent Living or CIL is run by and for people with disabilities. Virginia has 23 CILs that are located around the state. CILs can help a person learn how to make decisions about their own lives. They also help people with disabilities with advice when it is difficult to live, learn, and work in their communities. You don't have to do everything yourself because we all need help and support!

How can a Center for Independent Living Help You?

- ✓ **Advocacy:** Learn how to speak up for your own needs and others' needs and know that you have the right to make your own decisions and mistakes, just like everyone else.

- ✓ **Peer Counseling:** Talk to someone else with a disability about your goals, dreams, and things that are hard and they can help guide you.

- ✓ **Independent Living Skills Training:** Learn the skills you need to live on your own or with others.

- ✓ **Information and Referral:** Get information about various areas and topics and where to go to get more help.

- ✓ **Transition Services:** Find support to live in the community instead of in a nursing home and for youth who need support exploring post-high school opportunities.

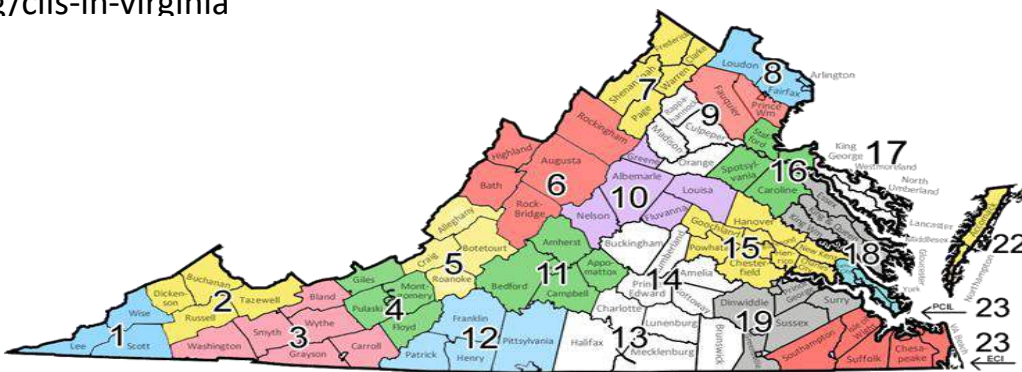


Things to know

- ✓ Each CIL is different. All CILs provide the services listed but some may provide other services too.
- ✓ A CIL may provide help with your education. They may be able to help you at your IEP meeting.
- ✓ A CIL may provide help to help you look for housing options that are best for you.
- ✓ Check with your CIL about services that can help you achieve your independent living goals.
- ✓ CILs offer services to people with any type of disability.

Where is the closest CIL to Me?

Below is a map that shows the general area that each Center for Independent Living serves. The areas in white are not served by a CIL. Visit this link to see what CIL is in your area: vacil.org/cils-in-virginia



This content was developed under a grant from the US Department of Education, #H328M250100. However, the contents do not necessarily represent the policy of the US Department of Education, and you should not assume endorsement by the Federal Government Project Officer. PEATC is not a legal services agency and cannot provide legal advice or legal representation. Any information contained herein is not intended as legal advice and should not be used as a substitute for legal advice.

