Independent Living Skills Training, Intellectual Disabilities

Age Requirements No Age Requirement Available 24/7 No Other Eligibility Criteria Resident of South Hampton Roads. Unrestricted for trainings and technical assistance. Family No Intake Contact Linda Johnson **Intake Process** Telephone referral; appointment required. Endependence Center, Inc. (ECICIL) http://www.endependence.org/ https://www.facebook.com/Endependence-Center-Inc-Norfolk-Virginia-1536652713144... Main (757) 461-8007 TTY/TTD (757) 461-7527 6300 E. Virginia Beach Boulevard 23502 VA **United States** Fee Structure No Fee Languages Spoken English Spanish ,

Sign Language

Endependence Center, Inc. (ECICIL) offers peer counselors to assist individuals with intellectual disabilities to develop and achieve independence and self-reliance. Participants develop a plan to achieve maximum independence and set goals toward that independence. Training is provided in areas of need identified by participants such as literacy, attendant management, decision making, self-advocacy, money management, rights and responsibilities, and assertiveness. Training is provided individually and in a classroom setting.

Through counseling and sharing of experiences in coping with the effects of an intellectual disability, participants learn about the needs and resources to achieve their goals. Also provides encouragement and information about community resources, sharing insights and perspectives from personal experience.

Independent Living Skills: Individual and group training is provided in several categories including personal assistant management, building self-esteem, money management, navigating one's environment, and self-advocacy. All programs are designed to meet individual needs.

Individual advocacy: staff members train and assist individuals with disabilities to understand and exercise their civil rights regarding government and other service providers. Peer counselors assist individuals with disabilities with individual advocacy issues such as accessing benefits, vocational rehabilitation, and other services. Participants may be interested in advocacy assistance to obtain or maintain education, training, employment, or assistive devices.

Service Area(s) Chesapeake City

Franklin City

Isle of Wight County

Norfolk City

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Portsmouth City

Southampton County

Suffolk City

, Virginia Beach City