

## Individuals with Physical Disabilities

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Available 24/7

No

Other Eligibility Criteria

People with physical disabilities and their families

Family

No

Intake Contact

Grace Marshall

Intake Contact Email

drc@cildrc.org

Intake Process

Call for appointment or more information

Self Refer

Yes

disAbility Resource Center

<http://www.cildrc.org>

Main

(540) 373-2559

Toll-Free

(800) 648-6324

TTY/TTD

(540) 373-5890

409 Progress Street  
22401 VA  
United States

Fee Structure

No Fee

Languages Spoken

English

Peer counselors assist individuals with physical disabilities, and their families, to develop and achieve independence and self-reliance. Through counseling, sharing of experiences in coping with the effects of disability, participants learn about the needs and resources to achieve their goal. Peer counseling can be on an individual basis, as well as group support, in areas such as equipment, financial assistance, recreation, housing, attendant care, support groups, legal rights and many other disability resources. Provides encouragement and information about community resources, sharing insights and perspectives from personal experience.

Independent Living Skills: Individual and group training is provided for activities of daily living and in other areas including: personal assistant management, building self-esteem, cooking, cleaning, budgeting, use of public transportation, engaging in hobbies and recreation, and self-advocacy. All programs are designed to meet individual needs.

Individual advocacy: Advocacy services include workshops, individual and group training, and individual consultation on The Americans with Disabilities Act (ADA), The Virginia Rights for People with Disabilities, and other areas.

TTY/CAPTEL phone is 540-373-5890.

Service Area(s)

Caroline County

,

Fredericksburg City

,

King George County

,

Spotsylvania County

,

Stafford County