

# Peer Counseling and Independent Living Skills Training, Physical Disabilities

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Anyone with a physical disability

Family

No

Intake Contact

Marcia DuBois

Intake Contact Email

vail@govail.org

Intake Process

Call the office

Provider Refer

Yes

Self Refer

Yes

Valley Associates for Independent Living, Inc. (VAIL)

<http://www.govail.org>

Main

(540) 433-6513

Toll-Free

(888) 242-8245

TTY/TTD

(540) 438-9265

3210 Peoples Drive Suite 220

22801 VA

United States

Fee Structure

Fee Range

## Languages Spoken

English

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Spanish

Valley Associates for Independent Living, Inc. offers peer "counselors" to assist individuals with physical disabilities 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 goals. Peer counseling can be on an individual basis, as well as group support. Also provides encouragement and information about community resources, sharing insights and perspectives from personal experience; consumers learn how to be self-advocate.

Independent Living Skills: Persons with physical disabilities wanting to live independently can access training in any skill necessary to live in the community. Individual and group training is provided in several categories including: personal assistant management, building self-esteem, money management, navigating ones environment, meal preparation and grocery shopping, household maintenance, leisure and recreation. All programs are designed to meet individual needs.

## Service Area(s)

Augusta County

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Bath County

,

Buena Vista City

,

Harrisonburg City

,

Highland County

,

Lexington City

,

Rockbridge County

,

Rockingham County

,  
Staunton City

,  
Waynesboro City

Email

[vail@govail.org](mailto:vail@govail.org)