

# **Independent Living Skills Training, Physical Disabilities**

## Age Requirements

0-5

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6-12

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13-21

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22-55

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56-60

,

60+

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.

Endeppendence Center, Inc. (ECICIL)

<http://www.endeppendence.org/>

## 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

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Spanish

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Sign Language

Endependence Center, Inc. (ECICIL) offers peer counselors to assist individuals with physical disabilities to develop and achieve independence and self-reliance.

Participants develop a plan to achieve maximum independence and set goals toward that independence. Through counseling and sharing of experiences in coping with the effects of a physical 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.

Independent Living Skills include 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

,  
Portsmouth City

,  
Southampton County

,  
Suffolk City

,  
Virginia Beach City