

## Independent Living Skills, Intellectual Disabilities

Age Requirements

No Age Requirement

Family

No

Intake Contact Email

[alisha.meador@standup-inc.com](mailto:alisha.meador@standup-inc.com)

Intake Process

Please call for more information

Stand Up, Inc.

<http://standup-inc.com>

<https://standup-inc.com/our-services/community-support-services/>

Main

(434) 316-7140

1059 Vista Park Drive

Suite B

24551 VA

United States

Languages Spoken

English

Stand Up offers Independent Living Skills training to assist individuals with intellectual disabilities who are ready to stand on their own.

Job coaches can provide skills training and assistance to individuals in obtaining and maintaining self-sufficiency. Services include:

- Nutrition and meal planning and preparation
- Laundry and clothing care

- Personal hygiene and grooming
- Housekeeping skills
- Budgeting
- Grocery and personal shopping
- Transportation
- Obtaining affordable housing

Service Area(s)

Amherst County

,

Appomattox County

,

Campbell County

,

Lynchburg City