

# Independent Living Skills Training, Physical Disabilities, Loudoun

Age Requirements

0-5

,

6-12

,

13-21

,

22-55

,

56-60

,

60+

Family

No

Intake Contact Email

traceeg@ecnv.org

Provider Refer

Yes

Self Refer

Yes

ENDependence Center of Northern Virginia

<http://www.ecnv.org/about%20lend>

Main

(571) 291-9550

44121 Harry Byrd Highway

Suite 240

20147 VA

United States

Languages Spoken

Multi-Lingual

,

Sign Language

,

Spanish

,

English

Loudoun Endependence (LEND) 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 towards that independence. Through counseling, sharing of experiences in coping with the effects of a physical 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. Independent Living Skills: Individual and group training is provided in several categories including: personal assistant management, building self-esteem, money management, navigating ones environment, and self-advocacy. All programs are designed to meet individual needs. Also provides encouragement and information about community resources, sharing insights and perspectives from personal experience. Public transportation is available through Virginia Regional Transit or Trolley. For bus routes and schedules Visit Accessible Transportation.

Public transportation is available through Virginia Regional Transit or Trolley. For bus routes and schedules, the Accessible Transportation.

Service Area(s)

Loudoun County