

## Peer Mentoring and Independent Living Skills Training, Physical

Age Requirements

No Age Requirement

Available 24/7

No

Documents Required

Call for details

Other Eligibility Criteria

Serves people with disabilities and the general community regarding disability issues.

Intake Contact Email

askAI@accessindependence.org

Intake Process

Call or email using the website form to request information and services.

Intake Contact Telephone

(540) 662-4452

Provider Refer

Yes

Report Problems

Call the Agency

Residency Requirements

Serves residents in the counties of Clark, Frederick, Page, Shenandoah, Warren and the city of Winchester.

Self Refer

Yes

Access Independence, Inc.

<https://www.accessindependence.org>

<https://www.facebook.com/PromotingIndependentLiving>

Main

(540) 662-4452

TTY/TTD

(540) 662-5556

324 Hope Drive  
22601 VA  
United States

Monday: 8:30 am-5:00 pm

Tuesday: 8:30 am-5:00 pm

Wednesday: 8:30 am-5:00 pm

Thursday: 8:30 am-5:00 pm

Friday: 8:30 am-5:00 pm

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Office is closed from 12:00PM noon until 12:30PM every day.

Fee Structure

Call for Information

Languages Spoken

English

Access Independence (AI), a nonprofit Center for Independent Living, offers assistance to

individuals with disabilities to help them achieve independence and self-reliance. Consumers develop a plan to achieve maximum independence and set goals towards that independence. Through sharing of experiences in coping with the effects of disability, individuals learn about resources to achieve their goal. Peer mentoring can be on an individual basis or as group support. Mentors provide encouragement and information about community resources and share insights and perspectives from personal experience.

Independent Living Skills training involves individual and group training in several categories including:

- personal assistant management,
- building self-esteem,
- money management,
- navigating ones environment,
- self-advocacy.

Service Area(s)

Clarke County

,

Frederick County

,

Page County

,

Shenandoah County

,

Warren County

,

Winchester City

Email

[askAI@accessindependence.org](mailto:askAI@accessindependence.org)