

IL-NET

IL-NET National Training and Technical Assistance Center for Independent Living

Independent Living Skills Training

A Core Service

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Part of our series for New CIL and SILC Staff Members

Presenter:

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IL-NET Partners

Today's presentation is brought to you by the Administration for Community Living at the US Department of Health and Human Services in conjunction with the IL-NET. The IL-NET is operated by ILRU and collaborates with NCIL, APRIL, the University of Montana, and a consultant network of subject-matter experts. The IL-NET T&TA Center provides training and technical assistance to centers for independent living, statewide independent living councils, and designated state entities.



Image Descriptions: Logos of Independent Living Research Utilization, Association of Programs for Rural Independent Living, National Council on Independent Living, and University of Montana.

What You Will Learn Today

- A review of what core services are.
- What is Independent Living Skills Training?
- How are Independent Living Skills taught?
- Remember – as a person with a disability you are an especially effective teacher!

What Are Core Services?

Remember that your CIL or ILC (Independent Living Center) must provide all the core services to qualify as a Center for Independent Living.

The Core Services are

- Information and referral;
- **IL skills training;**
- Peer counseling;
- Individual and systems advocacy; and
- Services that facilitate transition from nursing homes and other institutions to the community, provide assistance to those at risk of entering institutions, and facilitate transition of youth to postsecondary life.

What is Independent Living Skills Training?

People with disabilities must have the same opportunities as everyone else to:

- Choose for themselves where to live
- Earn a living
- Lead the lives they want
- Make decisions about their lives

But sometimes there are things they need to learn to be independent, and that is where you come in.

The individual identifies what they need to learn to meet their independent living goals.

Independent Living Skills Training provides that support by teaching the needed skill.

And don't we all have things we still want to learn?

Help us compile a quick list...

What skills are taught are wide open, based on what people need. Write some of the Independent Living Skills you teach at your center into the chat to share with everyone.

Here are a few that we compiled...

1. Pre-employment skills
2. Planning to survive a wild-fire
3. Parenting with a disability
4. Self-advocacy
5. Systems and grassroots advocacy
6. Cooking, adapted
7. Financial literacy
8. Shopping
9. Budgeting
10. Opening a bank account
11. Household management
12. House/apartment searching

How and where are these skills taught?

It depends. What makes the most sense?

While we discuss, write some of your methods in the chat to share.

- Is this something a group can learn together? Then you might use a classroom.
- Is this something specific to a new living setting like using the stove or other appliance? Then it needs to be taught at home.
- Does a curriculum make sense? There are some out there are some of these skills like financial literacy or emergency preparedness.
- Does sharing your own experience make sense? Then you teach with an element of peer support.

Are you the only teacher of these skills?

For example, can the bank teach someone how to open a bank account without you? Maybe just help the consumer compile questions to ask?

Are there community volunteers that can assist with compiling a book of favorite easy menus or assisting with genealogy?

Are there public meetings to learn about emergency planning?

If they want to get involved with a church, can the church assign a mentor or friend to assist?

Remember increasing community involvement is also one of our tasks.

Questions & Discussion

What are you curious about?

What needs clarification or more explanation?

Let's turn off the recording device and discuss what you want to know!

This part is not recorded. If you are still reluctant to ask questions or make comments out loud, you can comment in the evaluation that is found at the end of the presentation.

Resources for further study

- <https://www.ilru.org/training/evolving-core-services-independent-living-skills-training-15-hours> which is a 90 minute webinar and talks about new practices in teaching IL skills.
- <https://www.ilru.org/training/independent-living-skills-training-for-transition-community>
- For this and all the core services, a self-paced set of training: <https://www.ilru.org/training/core-services-for-centers-for-independent-living-series>

Evaluation Survey

New CIL and SILC Staff Members Monthly Technical Assistance and Training:

Thank you for joining us today! Please complete the brief survey at the following link:

https://uthtmc.az1.qualtrics.com/jfe/form/SV_9Z6OeChIfGX5vsa

To view today's presentation and previously recorded New CIL and SILC Staff Members Monthly Technical Assistance and Training Peer Discussion presentations, please visit the following link:

<https://www.ilru.org/training/new-cil-and-silc-staff-members-monthly-technical-assistance-and-training>

QR Code to evaluation:



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