

# The Centers for Independent Living Process

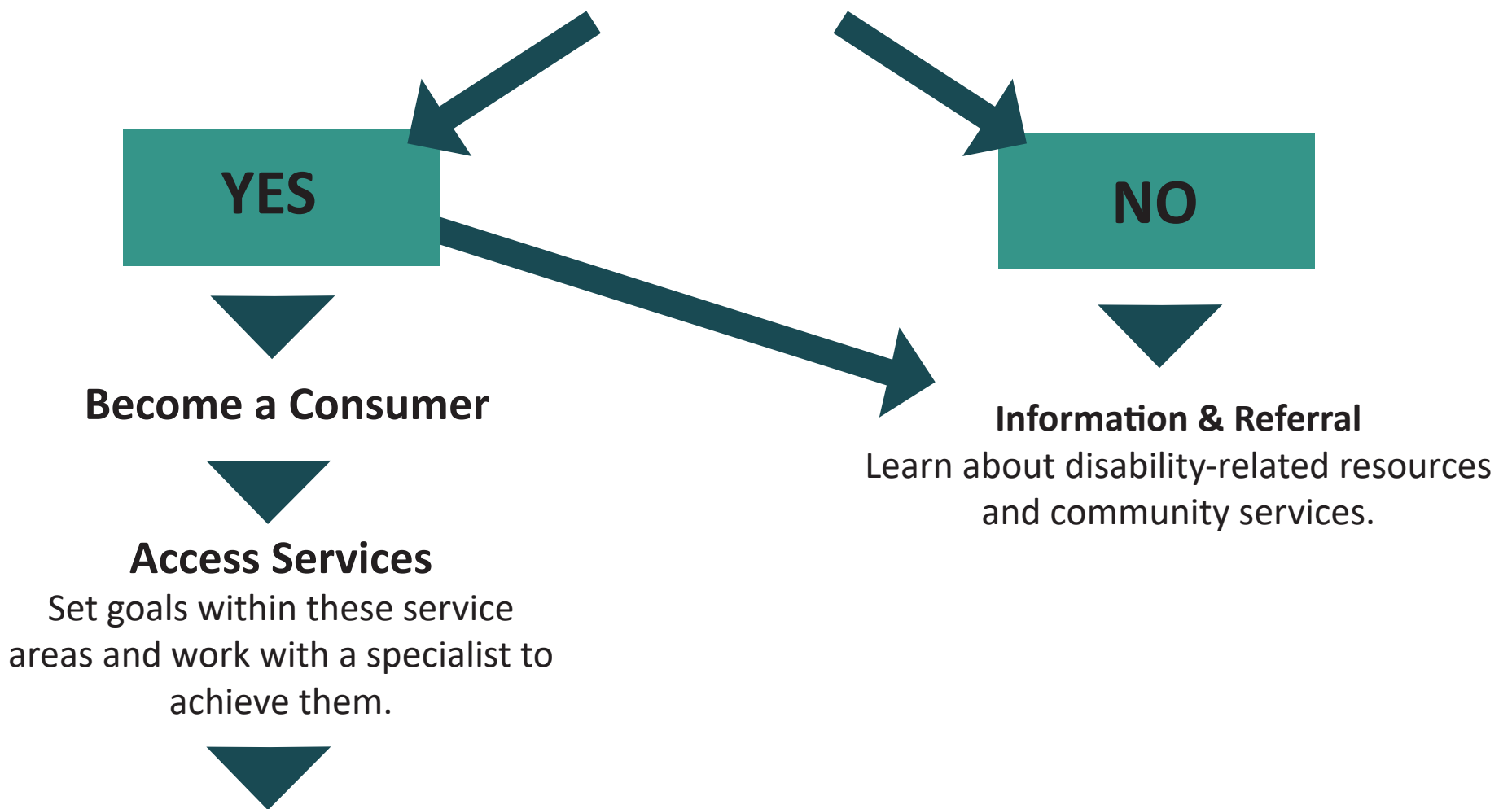
Centers for Independent Living (CILs) are consumer-controlled, non-residential, nonprofit agencies. They offer disability-related resources and services to individuals in the community — whether they have a disability or not. So how does it work?

## Have a disability-related question?

Call, email, or stop by to talk to an Independent Living Specialist who will start by asking...

### Do you have a disability?

The ADA defines a person with a disability as someone who has a physical or mental impairment (including blindness or low vision, d/Deaf or hard of hearing, mental health conditions, mobility disabilities, or cognitive disabilities) that substantially limits one or more major life activities.



## SERVICES AVAILABLE AT ALL CILS

Information & Referral      Advocacy      Skills      Peer Support      Transitions

## ADDITIONAL SERVICES AVAILABLE TO CONSUMERS OF THE IC

Housing      Employment      Benefits      Veterans

Deaf/Hard of Hearing      Low Vision/Blindness      Youth Services      Assistive Technology

