

WHO

DOES THE IC HELP?

If you have a disability and you want more independence, The Independence Center (The IC) can walk with you on your journey to achieve your goals.

We serve people with disabilities in El Paso, Cheyenne, Kit Carson, Lincoln, Park, and Teller counties. Services vary from county to county.

WHAT

TYPES OF DISABILITIES?



Accommodations available upon request.

ABOUT

THE IC

Started in 1987, The Independence Center is a nonprofit with multiple departments. We have over 300 employees today, with over 51% of our IL staff and board having a disability. Additional departments are:

HOME HEALTH CARE

The IC offers home health care that is self-directed or physician-directed, for all ages, and with the caregiver of your choice or an employee of The IC.

CNA TRAINING

The Independence Center's CNA Training Program offers day and evening classes to become a qualified Certified Nurse Aide.



Helping People with Disabilities Achieve Independence



theindependencecenter.org

Main Office:

729 S. Tejon St. Colo. Springs, CO 80903
719-471-8181

Video Phone for the Deaf: 719-358-2513
www.the-ic.org

Center for Independent Living
Advocacy • Veterans
Home Health • CNA Training

HOW

CAN THE IC HELP ME?

RECEIVE WHAT YOU NEED TO LIVE INDEPENDENTLY

- Apply for disability **benefits**.
- Learn about **transportation** options to get around town.
- Use **tools** and assistive **technology** to make life easier.
- Job preparation and assistance with finding **employment**.

LIVE ON YOUR OWN

- Learn about **home modification** programs.
- Get information about **housing** options.
- **For veterans:**
Veterans can direct the services and supports needed to live independently in their home and community.
- For those who qualify:
Transition from a nursing home to the community with appropriate services and supports.

RECEIVE SKILLS & SUPPORT TO REACH YOUR GOALS

- Receive information about **community services**.
- Join a **support group** — help each other grow as you face similar challenges.
- Learn what **your rights** are and how to use those to gain greater independence.
- Learn to manage daily tasks in **skills classes**.

SPEAK UP FOR YOURSELF AND YOUR COMMUNITY

- Learn how to **advocate for yourself** to overcome life's barriers.
- Work with others to raise awareness and challenge **institutional barriers** on local and state levels.
- **For youth:**
Grow your leadership skills.

WHERE

DO I START?

Call **719-471-8181** for more information.
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