WHAT TYPES OF DISABILITIES?

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.

WHO DOES THE IC HELP?

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.

ABOUT THE IC

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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