

## WHAT IS INDEPENDENT LIVING?

ESSENTIALLY, IT IS LIVING JUST LIKE  
EVERYONE ELSE—HAVING  
OPPORTUNITIES TO MAKE DECISIONS  
THAT AFFECT ONE'S LIFE, ABLE TO  
PURSUE ACTIVITIES OF ONE'S OWN  
CHOOSING—LIMITED ONLY IN THE  
SAME WAYS THAT ONE'S  
NONDISABLED NEIGHBORS ARE  
LIMITED.

INDEPENDENT LIVING SHOULD NOT BE  
DEFINED IN TERMS OF LIVING ON  
ONE'S OWN, BEING EMPLOYED IN A  
JOB FITTING ONE'S CAPABILITIES AND  
INTERESTS, OR HAVING AN ACTIVE  
SOCIAL LIFE. THESE ARE ASPECTS OF  
LIVING INDEPENDENTLY. INDEPENDENT  
LIVING HAS TO DO WITH SELF  
DETERMINATION. IT IS HAVING THE  
RIGHT AND OPPORTUNITY TO PURSUE  
A COURSE OF ACTION. AND, IT IS  
HAVING THE FREEDOM TO FAIL—AND  
LEARN FROM ONE'S FAILURES JUST AS  
NON-DISABLED PEOPLE DO.

All services offered in a PEER  
environment by a majority of staff  
with disabilities.

## SAILS OFFERS

- ◆ INFORMATION AND  
REFERRAL—PROVIDING  
BASIC INFORMATION AND  
LINKING TO APPROPRIATE  
COMMUNITY SERVICES
- ◆ INDEPENDENT LIVING SKILLS  
TRAINING—TRAINING AND  
ASSISTANCE IN A VARIETY OF  
LIFE SKILLS AREAS  
INCLUDING, BUT NOT LIMITED  
TO, COMPUTER TRAINING,  
PERSONAL MANAGEMENT,  
BUDGET/MONEY  
MANAGEMENT AND CAREER  
TRAINING READINESS.
- ◆ ADVOCACY—TRAINING &  
ASSISTANCE IN KNOWING AND  
PURSUING YOUR RIGHTS AS  
AN INDIVIDUAL WITH A  
DISABILITY.
- ◆ PEER SUPPORT—AN  
OPPORTUNITY TO INTERACT  
WITH OTHERS WHO SHARE  
SIMILAR EXPERIENCES
- ◆ RECREATION—PROVIDING  
OPPORTUNITIES TO  
EXPERIENCE A VARIETY OF  
RECREATIONAL ACTIVITIES



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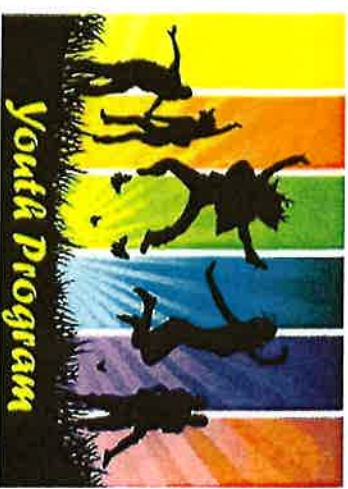
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## Our Goal

Our goal working with the youth is to guide and to be a friend to at risk youth; to see the person and not their past. Our program will offer real life skills for becoming successful and productive citizens of their community.



## Independent Living Skills Classes

- Anger Management
- Homework Assistance
- Computer Skills
- Accessing Community resources
- Application process and practice
- Interview skills and practice
- Money Management
- Bill Paying
- Grocery Shopping and Nutrition
- Laundry
- Housekeeping
- Hygiene
- Simulator
- Cooking Classes

## Housing Advocacy

SAILS supports accessible, affordable, integrated housing for all.

- The most challenging barrier people with disabilities face is finding accessible housing.
- SAILS has a Tenant Based Rental Assistance Program that may provide rental assistance for individuals that are homeless or for those who are at risk of entering a nursing home or institution.
- This rental assistance program is limited and is designed to serve as a “bridge” to permanent housing assistance through programs like Section 8.

## Other Resources

- Waiver Services
- Safe Zone
- Computer Lab