

# CENTERS FOR INDEPENDENT LIVING

Introduction to Services Offered at  
Centers for Independent Living

# PRESENTER

**Kathy Self**

Youth Program Director

Utah Independent Living Center

3445 South Main Street

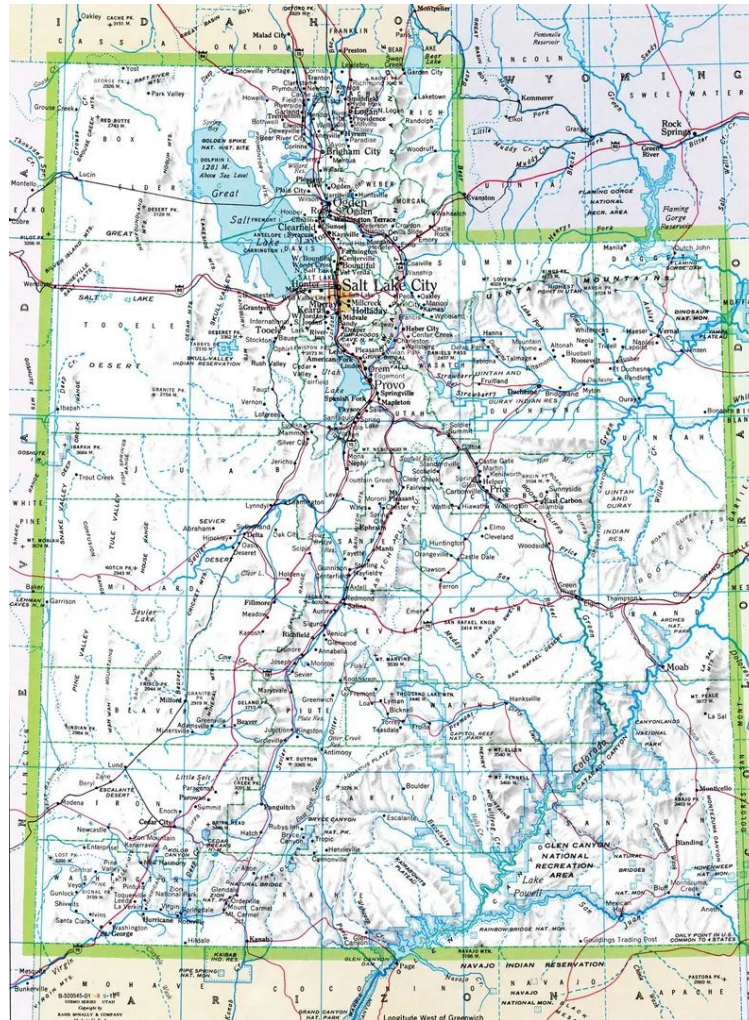
South Salt Lake, UT 84115

801-466-5565 Ext. 211

[uilc.org](http://uilc.org)



# WHO CAN NAME A CENTER FOR INDEPENDENT LIVING (CIL) IN UTAH



# SERVICE AREAS

## Statewide Centers For Independent Living

**Roads To Independence**  
 Andy Curry, Director  
 3355 Washington Blvd  
 Ogden, UT 84401  
 (801) 612-3215  
 1-866-734-5678  
 www.RoadsToInd.org  
 Serving: Morgan, Weber, and Davis Counties.

**OPTIONS for Independence**  
 Cheryl Atwood, Director  
 106 East 1120 North  
 Logan, UT 84341  
 (435) 753-5353  
 1-800-753-2344  
 www.optionsind.org  
 Serving: Box Elder, Cache, and Rich Counties.

**OPTIONS- Box Elder Satellite**  
 118 East 100 North  
 Brigham City, UT 84302  
 (435) 723-2171

**Utah Independent Living Center (UILC)**  
 Justin Anfinen, Director  
 3445 South Main Street  
 Salt Lake City, UT 84115  
 (801) 466-5565  
 1-800-355-2195  
 www.uilc.org  
 Serving: Salt Lake, Summit, and Tooele Counties.

**UILC - Tooele Satellite**  
 52 N Main St  
 Tooele, UT 84074  
 (435) 843-7353

**Ability 1st Utah**  
 Sandra Curcio, Director  
 1455 W 820 N  
 Provo, UT 84601  
 (801) 373-5044 1-877-421-4500  
 www.Ability1stUtah.org  
 Serving: Utah, Wasatch, Juab, and Sanpete Counties.

**Ability 1st Utah- Ephraim Satellite**  
 85 N. 100 W Ephraim, UT 84627  
 (435) 283-4949

**Active Re-Entry**  
 Terri Yelonek, Director  
 10 South Fairgrounds Road  
 Price, UT 84501  
 (435) 637-4950  
 www.arecil.org  
 Serving: Daggett, Duchesne, Uintah, Carbon, Emery, Grand, and San Juan Counties.

**Uintah Basin Satellite** 330 South Aggie Blvd. Vernal, UT 84078  
 (435) 789-4020  
**Moab Satellite**  
 125 West 200 South, #103  
 Moab, UT 84532 (435) 719-1133  
**San Juan Satellite**  
 544 North 100 East  
 Blanding, UT 84511  
 (435) 820-0900  
**Roosevelt Satellite**  
 140 West, 425 South #330  
 Roosevelt, Utah 84066  
 (435) 630-0500

**RRCI**  
 Hayden Johnson, Director  
 168 North 100 East, Suite 101 St.  
 George, UT 84770-4555  
 (435) 673-7501  
 1-800-649-2340  
 www.rrci.org  
 Serving: Millard, Sevier, Beaver, Piute, Wayne, Iron, Garfield, Washington, and Kane Counties.

<b>Iron County Satellite</b> 987 N. Main St. Suite #2 Cedar City, UT 84720 (435) 704-4798	<b>Beaver/Millard Satellite</b> 110 N. Main Suite #8 Fillmore, UT 84631 (435) 236-9404
<b>Sevier/Wayne/Piute/Garfield Satellite</b> 635 N. Main St. Suite 685 Richfield, UT 84701 (435) 979-6416	<b>Hurricane/Kane Satellite</b> 83 S. 2600 W Suite #103 Unit B Hurricane, UT 84737 (435) 359-7637



# NOT A CENTER FOR INDEPENDENT LIVING



Pricing & Availability: 855-795-0148

[BOOK A TOUR](#)

## Discover Active Independent Living

If you're looking to downsize and find a low-maintenance lifestyle within an engaging community, independent living is the perfect option for you.

SENIOR LIVING FOCUSED ON YOU

Enter City, State, or ZIP

[CONTINUE](#)



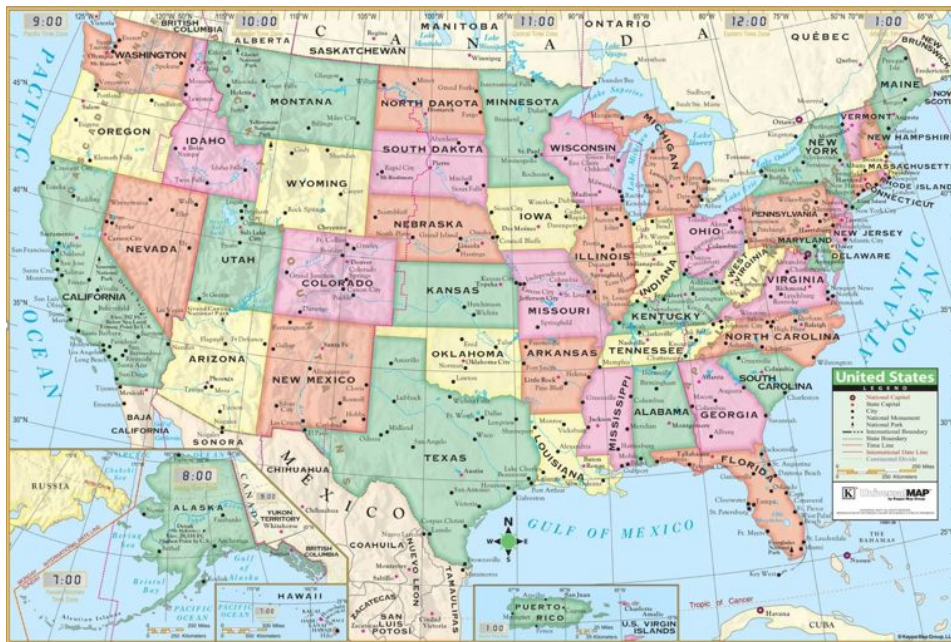
# WHAT IS A CIL

Centers for Independent Living are community-based, non-disability specific, non-profit organizations that are designed and operated by people with disabilities. CILs are different from many disability organizations because by law the majority of people who run and provide services have all types of disabilities and we believe that **consumers are in control of their services.**



# WHERE ARE CILS IN THE U.S.

There are over 400 federally funded Centers for Independent Living (CILs) and 330 branch offices in the United States, plus 56 Statewide Independent Living Councils (SILCs). These community-based, non-profit organizations are managed for people with disabilities, offering services to support independence.

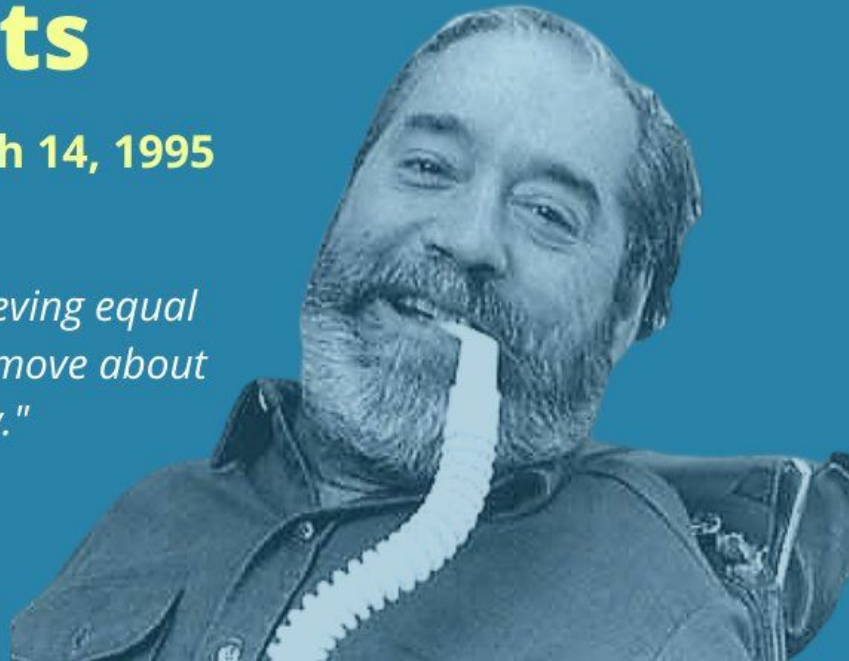


# WHERE DID CILS GET THEIR START

## Ed Roberts

January 23, 1939 – March 14, 1995

*"...nothing will stop our achieving equal opportunity and the right to move about freely in this society."*



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

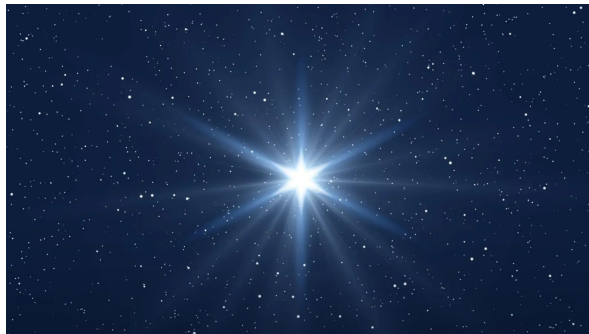
Roberts contracted polio at the age of fourteen in 1953, two years before the Salk polio vaccine ended the epidemic. He spent eighteen months in hospitals and returned home paralyzed from the neck down except for two fingers on one hand and several toes.



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

He attended school by talking on the telephone until his mother insisted the school let him attend at least once a week for a few hours. At school, he faced his fear of being stared at and transformed his sense of personal identity. He gave up thinking of himself as "helpless" and decided to think of himself as a "star." He credits his mother for teaching him by example how to fight for what he needed.

Who do you credit  
for teaching you how  
to fight for what you  
need?



What makes you  
a star?

# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

His career as an advocate began when a high school administrator threatened to deny him his diploma because he had not completed driver's education and physical education. After attending the College of San Mateo, he was admitted to the University of California, Berkeley.

People doubted Ed's ability to finish High School, go to College and get a job.



What do you say or do when people doubt your abilities?

# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

His admission broke the ice for other students with severe disabilities, who joined him over the next few years at what became the Cowell Residence Program. The group developed a sense of identity and began calling themselves the "Rolling Quads" to the surprise of some non-disabled observers who had never before heard of disability as a positive expression of identity.

[The Rolling Quads] realized that we could change some things. First we needed to change our own attitudes about ourselves. Be proud of who we were and what we were. And go out and change things for others and for ourselves.



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

The group was inspired to begin advocating for curb cuts, opening access to the wider community, and to create the Physically Disabled Student's Program (PDSP)—the first student-led disability services program in the country. The PDSP provided services including attendant referral and wheelchair repair to students at the university, but it was soon taking calls from people with disabilities with the same concerns who were not students.



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

The need to serve the community outside of the University led activists to create the Berkeley Center for Independent Living (CIL), the first independent living service and advocacy program run by and for people with disabilities



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

He guided the CILs rapid growth during a decisive time for the emerging disability rights movement. The CIL provided a model for a new kind of community organization designed to address the needs and concerns of people with a wide range of disabilities. A major project in Berkeley, California led by Roberts and others at the CIL led to curb cuts up and down Telegraph and Shattuck Avenues creating an extensive path of travel.



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

In 1976, newly elected Governor Jerry Brown appointed Ed Director of the California Department of Vocational Rehabilitation—the same agency that had once labelled him too severely disabled to work. He served in that post until 1983.

What have you done that no one thought that you could do?



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

When California politics again shifted to the right, he returned again to Berkeley, where he co-founded the World Institute on Disability with Judy Heumann and Joan Leon. The World Institute on Disability is internationally known, and considered a hotbed of disability politics activism.



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

Disability rights activists wanted to end discrimination and create rights for people with disabilities that were mandated and protected by the law. In what came to be called the 504 Sit-In, Roberts and his peers demonstrated to enforce section 504 of the Rehabilitation Act of 1973, which stated that people with disabilities could not be excluded from activities, denied the right to receive benefits, or be discriminated against, from any program that uses federal financial assistance, solely because of their disability. For **28** days, in April 1977 activists occupied the offices of the Education and Welfare building located in San Francisco



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

After relentlessly fighting for their rights, section 504 was signed into law and became fully implemented under President Nixon. This taught disability activists that they could shape the federal rulings in their favor. These acts of resistance was a contributing factor which paved the way for the creation ADA

George H.W. Bush,  
Justin Dart Jr.  
("father of the  
ADA"), Evan Kemp,  
Rev. Harold Wilke,  
and Sandra Parrino



# ED ROBERTS THE FATHER OF THE INDEPENDENT LIVING MOVEMENT

One of my favorite quotes from Ed reflected how he was successful in making positive change.

When do you act like an artichoke?



“So I decided to be an artichoke - “a little prickly on the outside but with a big heart,”

# THE DISABILITY RIGHT MOVEMENT DIRECTLY LED TO THE PASSING OF THE ADA

What do the letters ADA stand for?

The Americans with Disabilities Act

What year did the ADA pass?

1990, July 26<sup>th</sup>

Which President signed the ADA into law?

George H.W. Bush

# CENTERS FOR INDEPENDENT LIVING IN UTAH



# UTAH INDEPENDENT LIVING CENTER

The UILC was established in 1981 and opened its doors to serve people with disabilities in April of 1982. The UILC was the first Center for Independent Living in the State of Utah.



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Counties



# OPTION FOR INDEPENDENCE (LOGAN)

OPTIONS for Independence (formerly Cache Handicapped Action Council - CHAC) was founded in 1981 and began providing services. In 1983, it officially became a private, nonprofit corporation.

OPTIONS  
for  
Independence

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Services are provided in  
Box Elder, Cache and Rich  
Counties

# ROADS TO INDEPENDENCE(OGDEN)

Established in October 2000, serving Morgan,  
Weber and Davis Counties



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## PROGRAMS FOR INDEPENDENCE

Your Financial Support helps our patrons learn the life skills to be active, independent members of our community.

[DONATE](#)



# ABILITY 1ST (PROVO)

Established in January 2001, service Wasatch, Juab and Sanpete Counties.

[Survey](#)



[Contact Us](#)

801-373-5044

*Ability 1<sup>st</sup> Utah*  
Promoting Independence for  
People with Disabilities

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# RRCI (ST GEORGE)


RRCI, formally known as Red Rock Center for Independence. Founded in 1997. Serving Millard, Sevier, Beaver, Piute, Wayne, Iron, Garfield, Washington and Kane Counties.



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**Click the button below to subscribe to our newsletter today, to stay up to all things going on at RRCI!**

[Subscribe to RRCI's Newsletter](#)



**Dedicated to Serving People With Disabilities**

We want to help to empower YOU!

Begin your journey toward greater independence by completing our quick and easy [online intake form](#)! If online forms aren't for you, no worries! Just give our front desk a call at [435-673-7501](tel:435-673-7501) we're here to help!

Let us support you in achieving the independence you deserve. Take the first step today!

# ACTIVE RE-ENTRY (PRICE)

Established in 1987, serving Daggett, Duchesne, Uintah, Carbon, Emery, Grand and San Juan Counties

**ACTIVE RE-ENTRY**  
*Independent Living Programs*

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# ALL CILS ARE MANDATED TO PROVIDE FIVE CORE SERVICES:

- Independent Living Skills
- Advocacy
- Peer Support
- Information and Referral
- Transition














# INDEPENDENT LIVING SKILLS





- Providing life skills training to enhance the independence of people with disabilities
- Skills training can be in a group setting or one-on-one



# TYPES OF IL CLASSES

- ◉ Budgeting
- ◉ Relationship skills
- ◉ Self Esteem
- ◉ Nutrition/cooking
- ◉ Using technology
- ◉ Pre-employment skills
- ◉ Peer support
- ◉ Money Management
- ◉ Bus training
- ◉ Advocacy
- ◉ Hygiene
- ◉ Disability Culture
- ◉ Young Adults group
- ◉ Totally TEEN Program
- ◉ Adjustment to disability
- ◉ Others upon request

Mon	Tue	Wed	Thu	Fri
<p><b>**Classes Accessible for Deaf/Hard of Hearing consumers.</b></p> <p><b>ASL interpreters may be provided for other classes upon approval.</b></p>	<p><b>***Neuro-Inclusive Autism Community Coalition (NACC)</b> 6:15pm-8:00pm (Kathy) -Held the 3rd Wed of each month. -See back for details</p>		<div style="border: 2px solid black; padding: 5px;"> <p><b>New- SIGN UP REQUESTED for classes</b></p> <p>Please contact the staff person teaching the class or email <a href="mailto:uilc@uilc.org">uilc@uilc.org</a></p> </div>	<p>1</p> <p><b>**Bonwood Bowling</b> 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>4</p> <p><b>Bold &amp; Brave</b> 11:00am-12:00pm <b>**O.N.E. Body</b> 1:00pm-2:00pm</p> 	<p>5</p> <p><b>No classes today</b></p> 	<p>6</p> <p><b>Get Your Glow On!</b> 11:00am-12:00pm <b>How Does Your Garden Grow?</b> 1:00pm-2:00pm <b>Young Adults</b> 2:30pm-3:30pm</p>	<p>7</p> <p><b>Car Building</b> 1:00pm –3:00pm</p> 	<p>8</p> <p><b>**Bonwood Bowling</b> 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p> 
<p>11</p> <p><b>Bold &amp; Brave</b> 11:00am-12:00pm <b>**O.N.E. Body</b> 1:00pm-2:00pm</p> 	<p>12</p> <p><b><u>Century 16</u></b> <b><u>Movie Theater</u></b> Time: TBD <b>*See back for details</b></p>	<p>13</p> <p><b>Get Your Glow On!</b> 11:00am-12:00pm <b>How Does Your Garden Grow?</b> 1:00pm-2:00pm <b>Young Adults</b> 2:30pm-3:30pm</p>	<p>14</p> <p><b>Car Building</b> 1:00pm –3:00pm</p> 	<p>15</p> <p><b>**Bonwood Bowling</b> 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p>
<p>18</p> <p><b>Bold &amp; Brave</b> 11:00am-12:00pm <b>**O.N.E. Body</b> 1:00pm-2:00pm</p>	<p>19</p> <p><b>No classes today</b></p> 	<p>20</p> <p><b>Get Your Glow On!</b> 11:00am-12:00pm <b>How Does Your Garden Grow?</b> 1:00pm-2:00pm <b>Young Adults</b> 2:30pm-3:30pm <b>***NACC</b></p>	<p>21</p> <p><b>Car Building</b> 1:00pm –3:00pm</p> 	<p>22</p> <p><b>**Bonwood Bowling</b> 1:00pm-2:30pm 2500 S. Main St. (Meet there) \$3/game (includes shoes)</p> 
<p>25</p> <p><b>MEMORIAL DAY</b></p> <p><b>NO CLASSES TODAY</b></p>	<p>26</p> <p><b>No classes today</b></p>	<p>27</p> <p><b>Get Your Glow On!</b> 11:00am-12:00pm (Jena) <b>How Does Your Garden Grow?</b> 1:00pm-2:00pm <b>Young Adults</b> 2:30pm-3:30pm</p>	<p>28</p> <p><b>Car Building</b> 1:00pm –3:00pm</p> 	<p>29</p> <p><b><u>PINEWOOD DERBY!</u></b> <b>Official Race Day!</b> 1:00pm– 2:00pm <b>*See back for details</b> <b>No Bowling Today</b></p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
 <p>"May is the month of expectation, the month of wishes, the month of hope." — Emily Brontë</p>						1	2
3	4	5	6	7	8	9	
				<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan</li> <li>★ Youth – Cooking Club</li> </ul>			
10	11	12	13	14	15	16	
 <p>Mother's Day</p>		<ul style="list-style-type: none"> <li>● Low Vision Support Group</li> <li>❖ Peer Connection - Providence Place</li> <li>⌘ APG – RUSH Fun Plex</li> </ul>	<ul style="list-style-type: none"> <li>◆ CIP – Spiral Jetty &amp; Golden Spike</li> </ul>	<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan &amp; Brigham</li> <li>★ Youth – Budgeting Class</li> </ul>			
17	18	19	20	21	22	23	
		<ul style="list-style-type: none"> <li>● DSBVI Clinic -Logan</li> <li>◆ CIP – Nursery &amp; Brunch</li> </ul>		<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan &amp; Brigham</li> <li>★ Youth – Bowling at the Fun Park</li> </ul>			
24	25	26	27	28	29	30	
31	 <p>Memorial Day CENTER CLOSED</p>	<ul style="list-style-type: none"> <li>● Low Vision Support Group</li> <li>❖ Peer Connection - Providence Place</li> <li>⌘ APG – Picnic &amp; Games</li> </ul>	<ul style="list-style-type: none"> <li>◆ CIP – Walker Movie</li> </ul>	<ul style="list-style-type: none"> <li>◆ Grocery Shop - Logan &amp; Brigham</li> </ul>			

Participation in ALL OPTIONS' programs, activities, and opportunities is open to residents with disabilities in Box Elder, Cache & Rich Counties. All activities, dates, and times are subject to change. **Activity reservations can be made at the beginning of the month the activity is scheduled or the last week of the previous month and no later than 48 hours in advance unless otherwise noted.** Please call (435) 753-5353 to RSVP.

# MANY CALENDARS CAN BE VIEWED ON THE CIL'S WEBSITE.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27 12:00pm "Can We Fix It"	28	29 12:00pm Safety 01:00pm "You Matter"	30 12:00pm Outdoor Games/ Park	1	2
3	4 12:00pm House Cleaning	5	6 12:00pm E&N 01:00pm "You Matter"	7 01:00pm Pinewood Derby Car Making	8	9
10	11 12:00pm House Cleaning	12 CENTURY 16 MOVIE THEATER Century 16 Movie Theater	13 12:00pm E&N 01:00pm "You Matter"	14 10:00am Special Olympics Torch Run 01:00pm Pinewood Derby Car Making	15	16
17	18 12:00pm House Cleaning	19	20 12:00pm E&N 01:00pm "You Matter"	21 01:00pm Pinewood Derby Car Making	22	23
24	25 08:00am MEMORIAL DAY!!! UILC CLOSED	26	27 12:00pm E&N 01:00pm "You Matter"	28 08:00am NO CLASS TODAY!!!!	29 11:45am UILC Pinewood Derby Outing 01:00pm **PINWOOD DERBY! OFFICAL RACE DAY!**- Sarah	30
31	1 12:00pm House Cleaning	2	3 12:00pm E&N 01:00pm "You Matter"	4 01:00pm Pinewood Derby Car Making	5	6

# ADVOCACY



- Individual advocacy, involves working with an individual to access services from other agencies.
- Community/Systems advocacy, involves initiating changes in various local, regional, and state systems making it easier for people with disabilities to live independently.

# PEER SUPPORT

- ◉ Federally required that 51% of Staff and Board members have a disability
- ◉ One-on-one peer support
- ◉ Disability Support Group- A place to discuss disability related issues and seek input from others who have “been there and done that”



# INFORMATION AND REFERRAL

(EXAMPLES OF INFORMATION THAT IS GIVEN OUT)

- ◉ Disability specific resources
- ◉ Housing
- ◉ Food insecurities
- ◉ Caregiver resources
- ◉ Home, vehicle modification assistance
- ◉ 211
- ◉ Other programs to empower people with disabilities to live independently



# NURSING HOME TRANSITION AND DIVERSION



- Provide services and networking to people living in nursing homes or other institution who want to move into the community
- Assist people “at risk” of going into a nursing home or other institution to stay in their own home
- Connect individuals to various state Medicaid waivers and other resources

# YOUTH TRANSITION

- Assist students with disabilities ages 14-24 to gain independent living skills for successful transition from high school to community participation.
- Teach IL skills in High school and Post High school settings
- Summer programs





# UILC

Utah Independent Living Center

## **Young Adult Classes**

Are you a young adult with a disability?

Make new friends and develop new skills in this class  
for people with disabilities ages 18-28

Learn about topics such as:

- Cooking
- Job Skills
- Money Management
- Healthy Relationships

Classes are held on Wednesdays from 2:30- 3:30  
at the UILC: 3445 South Main Street, Salt Lake City.

For more information contact Kathy Self

Call  
(801)466-5565 ext. 211

Email  
[kself@uilc.org](mailto:kself@uilc.org)

#### Suggested Lessons

Intro to UILC  
Disability History  
Goals/Vision Boards  
IEP  
Transition to Adulthood

#### Money Management

Financial goals  
Career Exploration  
What Things Cost  
Your Rights as a Consumer  
Food Shopping  
Budgeting  
Understanding Paychecks and Taxes  
Savings account  
Checking account  
Insurance  
Credit cards and Debt

#### Pre-Employment

Employment Goals  
Be on Time  
Making Decisions  
Career Exploration  
Job Skills  
Writing a Resume  
Job Applications  
Making a Good Impression  
Interview  
Transition  
Housing  
    Choosing a place to live  
    Choosing a roommate  
    Searching for an apt. to rent  
    Before you sign a lease  
Your Rights  
Working Today and Tomorrow  
Your Employment Relationships

#### Taking Care of your House

Keep it Clean  
Cleaning your Kitchen  
Organize Your Life  
Money Management  
Home Safety  
Clean Your Refrigerator  
Get Help in an Emergency  
Poison Control  
Meal Planning/Grocery Shopping  
Laundry/Clothing Care  
Be Organized  
Recycling

#### Taking Care of Yourself/Hygiene

Hygiene Overview  
Nutrition  
Oral Care  
Hair/Nail Care  
Emergencies  
Stress  
Fitness  
Hand washing  
Skin/First Aid  
Medications  
Common Cold  
Illness  
Seeing a Doctor

#### Nutrition

My Plate  
Nutrition Facts  
Breakfast  
Milk and Dairy  
Fruits and Vegetables  
Grains  
Meat and Beans  
Menu Planning and Shopping  
Snacks  
Dangers of Soda Pop  
Understand How We Digest Food  
Food Safety  
Eat This Not That  
Soda Pop/Sugar

#### Social Skills

Soft Skills  
Respect  
Bullying  
Teamwork  
Communication  
Gratitude  
Making Plans  
Self Esteem  
Building Relationships  
Boundaries  
Emotions  
Friends  
Self-Esteem  
Choose Happiness  
Social Media  
Body language  
Points of View  
Negotiation  
Problem Solving  
Dating

#### Safety

Bus Safety  
Pedestrian Safety  
Personal Safety  
Stranger Danger  
Reporting an Emergency (911)  
Poison  
Emergency Words and Signs  
Water Safety  
Fire safety  
Tech and Social Media  
Dating

#### Executive Functioning

Executive Functioning Skills  
Calendars and Planners  
Time Management  
Self-Awareness  
Stress  
Mindfulness/Meditation  
Task Initiation  
Organization  
Problem Solving  
Communicating  
Organization of the Home  
Self-Esteem  
Gratitude  
Organization for School  
Goals

#### Manners

Why Manners?  
Phone and Device Manners  
The Art of Conversation  
Giving and Receiving  
Manners with the Aged  
Manners in Public  
Manners at Home  
Table Manners  
Manners Summary and the Golden Rule

#### Other Classes

What is Advocacy?  
Laws generated from the Disability Movement  
Disability Disclosure  
Supported Decision Making



ADDITIONAL  
SERVICES  
WE  
OFFER

# YOUNGER YOUTH PROGRAMS

- ◉ School based programs offered in Jr High Schools
- ◉ Classes and activities offered at CILS



# COMMUNITY INTEGRATION

- Provide opportunities for people to learn leisure and social skills
- Outings to community locations
- Bowling
- Camping
- Annual Picnic
- Holiday parties
- Fishing
- Home Arts





# **UILC OUTINGS**



## **March- June 2026**

### **To Sign Up**

-Advance Sign Up Required: Please scan QR code to sign up for desired outings online!

**TUESDAY, May 12th,  
2026**

### **Century 16 Movie Theater**

125 E 3300 S, SLC, UT

- \$6 (approx. with tax)
- Bring extra money for snacks/drinks
- MUST sign-up in advance
- **More info to come**

**Thursday, June 11th,  
2026**

### **UILC Picnic**

Location: To Be Determined

12pm-2pm

- Free
- Food served until gone.
- MUST sign-up in advance
- **More info to come**

**FRIDAY, May 29th,  
2026**

### **UILC Pinewood Derby**

UILC

3445 S Main St. SLC, UT 84115

1pm-2pm

- Free
- Please bring a snack to share

**Thursday, June 25th,  
2026**

### **Benson Grist Mill**

325 Pole Canyon Rd, Stansbury Park, UT

Time: TBD

- Free
- Bring a sack lunch
- MUST sign-up in advance
- Limited transportation available.

# DEAF INDEPENDENT LIVING EXPANSION PROGRAM

- Assist individuals that are deaf or hard of hearing to learn IL skills and to access needed resources



# EQUIPMENT LOAN BANK

We loan assistive equipment to those who have a temporary need for equipment, such as a person needing equipment while waiting for funding to purchase their own or a person needed a temporary wheelchair while their own is repaired.



# ASSISTIVE TECHNOLOGY PROGRAM

Assistive Technology is a product that is designed to assist an individual with their everyday needs and activities. An Assistive Technology device is any item, piece of equipment or product system, used to increase, or maintain ones capabilities. These items may be acquired commercially or off the shelf then modified or customized for each individual.



# WE PROVIDE:

- ◉ An individual assessment to determine the best type of equipment for each individual with disabilities.
- ◉ We then look to see if we have that item or product in our Loan Bank.
- ◉ If we don't have that equipment in our Loan Bank we would look to find funding through an individuals insurance, Critical Needs Housing funds, donations, grants, other loan programs, the Assistive Technology funds that we administer, Vocational Rehabilitation, Community Development funding, etc.
- ◉ This usually requires or involves advocacy by you and us, waiting lists for funding, eligibility requirements, appeals, doctor's statements, referrals, other assessments, several bid from various vendors, and training.
- ◉ All of which we provide. Our goal is to work with people with disabilities to acquire Assistive Technology that is needed by individuals with disabilities to become or maintain ones independence.

# SUPPORT GROUPS

- Weekly and monthly meeting at CILs for caregivers, and consumers to support, encourage and teach.

## **Grief Support Group**

Monthly meetings are provided to provide support to those experiencing grief from the loss of a loved one. Meetings are held on the 2nd Wednesday of the month.

## **Caregivers Support Group**

Monthly meetings are offered to assist and support family members or others who are caring for individuals with disabilities. Meetings are held on the 4th Wednesday of the month.

## **Active Access Support Group**

Monthly meetings to unite individuals who use Assistive Technology for mobility within the community. Includes training, education, and recreational opportunities. Meetings are held on the 2nd Thursday of the month.

## **Low Vision Support Group**

Monthly meetings are held to provide education and support to individuals who are losing or have lost their vision. Door-to-door transportation is available for this group on an as-needed basis. Meetings are held on the 3rd Thursday of the month.

## **Traumatic Brain Injury Support Group**

Monthly group seeks to foster a community for TBI / ABI survivors and their loved ones to share information, personal stories, and resources in a safe and supportive environment. Meetings are held on the 2nd Monday of the month.

**ACTIVE RE-ENTRY**  
*Independent Living Programs*

# TRANSPORTATION

- Rides for Cancer patients and Veterans to medical treatment.
- Rides from home to activities and events in the community and at CILs



# OLDER/BLIND SERVICES

Where State Services for the Blind and Visually Impaired (DSBVI) aren't available locally, Centers for Independent Living (CIL) staff work together with state staff offering community-based independent living services to maximize their independence, increasing program participation through outreach activities, and providing training and support regarding individual and systems advocacy.

Services may include:

- ◉ Equipment services
- ◉ Low vision services
- ◉ Orientation, mobility, and follow-up services



# SUMMER OPPORTUNITIES

# Utah Independent Living Center

## Totally TEEN Summer

Are you a teen with a disability aged 12-17? Looking for summer fun?

OUR TOTALLY TEEN PROGRAM IS RETURNING THIS SUMMER!



**When:** Every Tuesday starting June 16<sup>th</sup> – July 28<sup>th</sup> from 2:00 pm – 3:00 pm.

**Where:** Utah Independent Living Center—3445 South Main Street, SLC, UT 84115

**Who:** Anyone with a disability age 12-17.

**FREE of charge!**

### Summer Class Schedule 2026

**June 16<sup>th</sup>** Intro to Utah Independent Living Center

**June 23<sup>rd</sup>** Social Skills – Communications (Go Fish)

**June 30<sup>th</sup>** Sun Safety (Sun Safety Goody Bag)

**July 7<sup>th</sup>** Following a Recipe (Ice Cream in a bag)

**July 14<sup>th</sup>** Advocacy (Tangrams)

**July 21<sup>st</sup>** Perler Bead Designs

**July 28<sup>th</sup>** Organization for School.

T = Transition  
E = Education  
E = Employment  
N = Network

**Teens aged 12-17  
with any disability**

**Contact Kathy** Self with questions or to sign up!

801-466-5565 ext. 211 kself@uilc.org



### Program Requirements:

Ages: 16 to 22-years-old

When: Summer 2026

Monday, Wednesday and Friday 9am-2pm

Dates: June 15th – July 31st

**Eligibility:** Students must be able feed themselves, use the restroom independently, manage a 5-1 ratio and stay with a group (we will be traveling around the community at a 5:1 student/staff ratio).

**Bus Pass:** Students are responsible for their own bus pass as well as spending money.

**Lunch:** Students must provide their own lunch on Monday and Wednesday. Food will be provided on Friday.

### Activities



#### Monday

Community Outings:

- Movies
- Bowling
- Ride UTA Buses and Trax



#### Wednesday

Independent Living Skills:

- Budgeting
- UTA Safety
- Hygiene
- Assertiveness
- Social Skills
- Independence



#### Friday

Cooking & Nutrition:

- Menu Planning
- Grocery Shopping
- Food Preparation

### Printable applications at [UILC.ORG](http://UILC.ORG)

TO LEARN MORE  
INFORMATION  
CONTACT:

Utah Independent Living Center  
3445 South Main Street  
Salt Lake City, Utah 84115

Kathy Self  
801-466-5565 ext. 211

# ANY QUESTIONS?

**Utah Independent  
Living Center**

3445 South Main St.

SLC, UT 84115

**Kathy Self**

Youth Program

Director

[kself@uilc.org](mailto:kself@uilc.org)

801-466-5565 ext. 211

