LIVING INDEPENDENTLY

Your local Independent Living Center can help you live and thrive in your home and community.

Independent Living History in New York State

Independent Living is a movement and philosophy led by and for people with disabilities battling deep-rooted attitudes and prejudices. The nationwide movement supports community living and independence, based on the belief all people can live with dignity, make their own choices, and participate fully in society.

Historically, people with disabilities had no choice on how and where to live, forcing them to be placed in institutions. They led a life chosen for them by medical staff. Independent Living believes that people should make their own decisions about their lives. This means understanding disability from a social view instead of from the outdated medical model.

In 1978, New York State joined the independent living movement. Since then, Independent Living Centers (ILCs) opened all over the state offering their communities help with advocacy, support, and resources. They help with attaining and maintaining independence for the individuals they serve. Today, there are over 40 ILCs throughout NYS.

New York's network of ILCs assists over 100,000 people across the state each year. They help people live independently and help families stay together. Through the work of ILCs, people can now choose where to live. Everyone with a disability deserves to have choices and rights.

Nothing About Us, Without Us!

NEW YORK ASSOCIATION ON INDEPENDENT LIVING

ILNY.ORG | 518.465.4650

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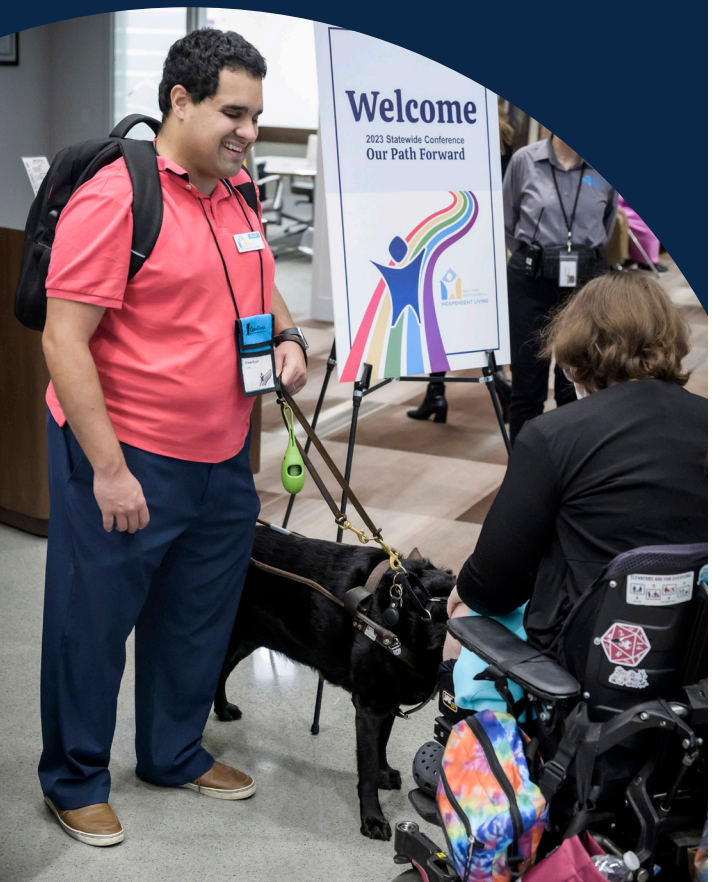
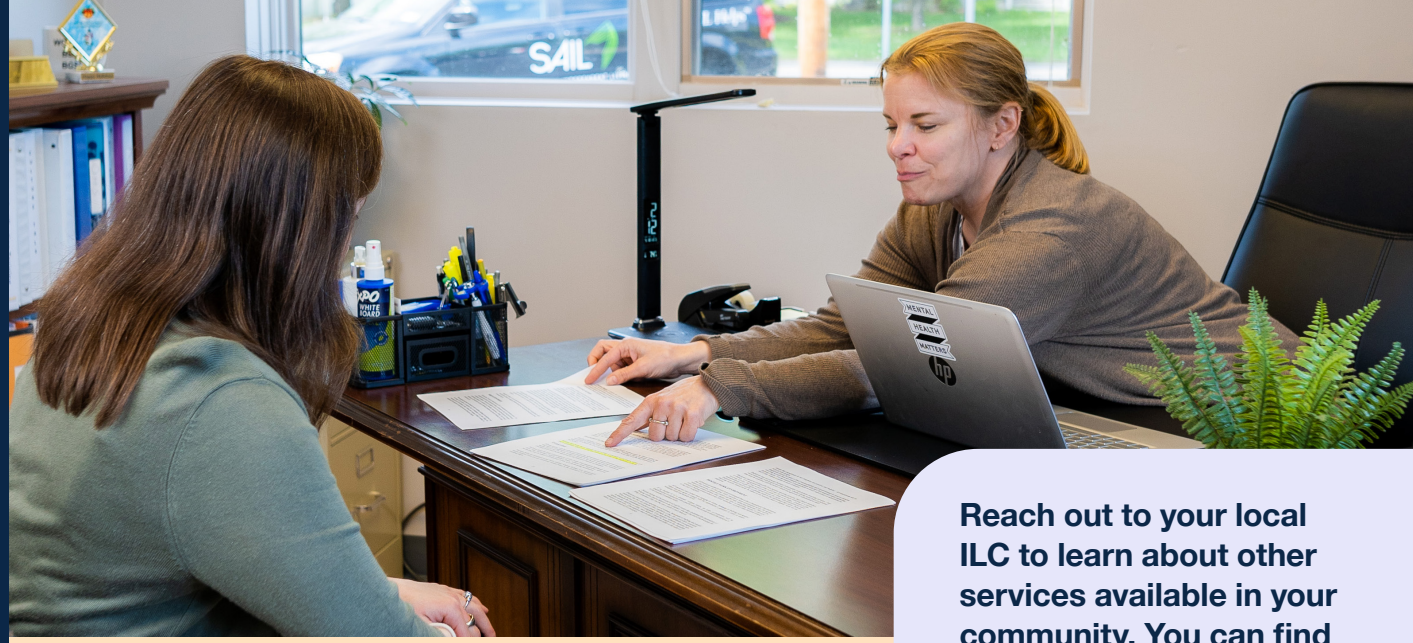
What is an Independent Living Center?

Independent living centers (ILCs) help people with disabilities lead independent lives through individual support, advocacy, skills training and more. ILCs connect people to programs and resources helping them live the life they choose.

ILCs are nonprofit, community-based organizations run by, and for, people with disabilities. They lead their local communities in advocacy fighting for independence and the rights of all people with disabilities.





Reach out to your local ILC to learn about other services available in your community. You can find your local ILC at ILNY.org.

Services Provided by All ILCs

Independent Living Skills Training
Individualized support to help people develop skills to be more independent. These skills/trainings can include: meal prep, transportation, money management, assistive technology, adaptive devices, etc.

Information & Referrals
Connecting people of all ages and disabilities to programs and services available within their community.

Peer Counseling
Peers are people with disabilities helping others develop skills for reaching their goals. Individuals can learn self-advocacy skills to help them in personal matters.

Benefits Advisement
Helps people apply for and keep benefits programs (e.g., Medicaid/Social Security).

Systems Advocacy
Empowers individuals through education and training. Advocates build grassroots movements and relationships to make changes in their communities.

Community Transition
Assisting people in returning to community living from nursing facilities or other institutions.

Youth Transition
Prepares students with disabilities for the transition from education to employment.