

What do you want **your** **life** to look like?

Independent Living (IL) is about having a say in your own life and taking part in your community in the ways you choose.

It does not mean doing everything on your own.

It means you are in charge of your own life.



Living where you want



Working or going to school



Staying connected and involved



Getting around your community



Doing what matters to you

Whether disability has always been part of your life or you are navigating a new or changing disability, you should have choices, options, and control over what comes next.

Your Life. Your Choices. Your Community.

How can a **Center for Independent Living** help?

A Center for Independent Living (CIL) is a local organization led by people with disabilities, for people with all types of disabilities. CILs are here to help you explore options, solve problems, build skills, and stay connected to your community.



Find Answers

Get information, explore options, and find resources that fit your needs.



Build Skills

Learn skills for everyday life, work, and being in your community.



Connect with Peers

Talk with people who understand disability through their own lived experience.



Speak Up

Learn how to advocate for yourself and help make your community more accessible.



Live in the Community

Explore options for housing, accessibility, transitions, and staying connected to community life.

You are the expert in your own life.

Connect with your local CIL

Scan here to learn more or call

1-800-566-7788

