

## Independent Living

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### What is Independent Living?

Independent Living is living on your own, in your own apartment or house vs. living in a group home or other residential provider. You take care of your own “activities of daily living” (ADLs) such as your health, hygiene, grooming, shopping, money management, laundry, home maintenance and meal preparation.

Many people with brain injuries do live independently and take care of all their own needs, while others may receive assistance with some activities of daily living. Programs such as Independent Living Skills programs (ILS) can support individuals to live in the community, but provide assistance based on the person’s needs. Examples of this assistance includes: receiving help to plan meals, manage budgets, learn first aid and medication usage, develop personal grooming skills, and provide education on public transportation and other community resources. ILS workers work closely with the people they serve, their families and referral sources to develop services that meet individual needs, and individual schedules.

If you are considering living on your own you will need to determine how able you are to do all the things that will be required and expected of you in the community. Are you able to manage your money to pay your bills (like rent, food, medicine, insurance, etc...), find a safe place to live and keep it clean and organized, manage the household chores of groceries, laundry, meal preparation and so on? Would you be able to do some, but not all of these things unless you had some help?

To be eligible for ILS programs you will need to discuss this with your Case Manager or the hospital Social Worker. There are many ILS providers to choose from and you will need to carefully select the provider that is right for you. Some things to consider may include: cost, frequency of visits, and extent of services or full package vs. specific needs.

Many organizations have programs that teach independent living skills to persons with disabilities to support their ability to live as independently as possible. Some independent living skills providers can visit the current residence of a person with brain injury to assist him or her with maximizing and/or maintaining independence and self-direction. Staff may provide assistance with budgeting, meal planning and leisure activities. Other providers operate programs out of an office or social service agency.

## NC Centers for Independent Living Offices

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Centers for Independent Living in North Carolina assists people with disabilities to find alternatives to institutionalization. Centers for Independent Living provide Independent Living Skills (ILS) training to assist people with disabilities with their entry into the community. ILS training can range from home management to community involvement and participation and improve functioning in one's family, home and community.

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### **Adaptables, Inc.**

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[theadaptables@theadaptables.com](mailto:theadaptables@theadaptables.com)

[www.theadaptables.com](http://www.theadaptables.com)

We encourage independent living for persons with disabilities. The goal of the organization is to help individuals with disabilities become more fully integrated into society rather than being separated from it. We believe that people with disabilities of all ages should have access to the many choices about their personal life as well as taking responsibility for the consequences of those choices. We are actively engaged in helping to alleviate barriers that deter those with disabilities full participation within their community. We are committed in helping to break the mold of traditional attitudes about those with disabilities. We accomplish this by working together with other service agencies to foster awareness among the general population of the strengths of persons with disabilities ([www.theadaptables.com](http://www.theadaptables.com)).

### **Alliance of Disability Advocates**

401 Oberlin Road, Ste. 103  
PO Box 12988  
Raleigh, NC 27605

**(919) 833-1117**

Fax: (919) 833-1171

[www.alliancecil.org](http://www.alliancecil.org)

Alliance of Disability Advocates, Center for Independent Living (Alliance) is committed to assisting people with disabilities to live independently and become productive, full participants in society. Their mission is to promote independence and consumer control by people with disabilities and to advance civil rights of equal access and full participation in society.

Alliance provides services to the five counties of: Wake, Durham, Franklin, Johnston and Orange ([www.alliancecil.org](http://www.alliancecil.org)).

**Disability Rights and Resources**

5801 Executive Center Drive, Ste. 101  
Charlotte, NC 28212-8870

**(800) 755-5749**

(704) 537-0550

Fax: (704) 566-0507

[www.disability-rights.org](http://www.disability-rights.org)

Their mission is to guard the civil rights of people with disabilities as we empower ourselves and others to live as we choose. Serves Mecklenburg, Cabarrus, Gaston and Union counties. They can also help you find a contact for other areas outside of these counties ([www.disability-rights.org](http://www.disability-rights.org)).

**Eastern North Carolina Center for Independent Living**

300-D West Arlington Blvd.  
Greenville, NC 27858

**(252) 355-6215**

Fax: (252) 355-7489

[www.enc-cil.com](http://www.enc-cil.com)

The Eastern North Carolina Center for Independent Living (ENC-CIL) is a non-profit organization, which empowers people with disabilities to achieve their desired level of independence.

ENC-CIL promotes the full inclusion of individuals with disabilities into the mainstream of society through advocacy, information and referral, peer support, and skills training ([www.enc-cil.com](http://www.enc-cil.com)).

**Joy A. Shabazz Center**

235 N. Greene Street  
Greensboro, NC 27401

**(336) 272-0501**

Fax: (336) 272-0575

[www.shabazzcenter.org](http://www.shabazzcenter.org)

Joy A. Shabazz Center is a nonprofit, consumer oriented, Center for Independent Living (CIL), providing advocacy, peer counseling and peer support, independent living skills training, information and referrals, with other related services for persons with disabilities. We currently serve five NC counties: Guilford, Alamance, Caswell, Randolph and Rockingham ([www.shabazzcenter.org](http://www.shabazzcenter.org)).

**Pathways for the Future**

525 Mineral Springs Drive  
Sylva, NC 28779

**(828) 631-1167**

Fax: (828) 631-1169

[www.pathwayscil.org](http://www.pathwayscil.org)

Pathways is dedicated to increasing independence, changing attitudes, promoting equal access and building a peer support network in western North Carolina through the use of community education, independent living services and advocacy. Service Areas: Jackson, Swain, Haywood, Cherokee, Graham, Clay, and Macon counties ([www.pathwayscil.org](http://www.pathwayscil.org)).

**Western Alliance Center for Independent Living**

1070 Tunnel Road, Suite 20  
Asheville, NC 28805

**(828) 298-1977**

Fax: (828) 298-0875

[www.westernalliance.org](http://www.westernalliance.org)

Western Alliance Center for Independent Living maintains a database of information on disability issues such as: housing, health services, assistive technology, etc. Staff members offer training to give people the skills they need to reach independence. Staff members with disabilities who have learned to live independently and be self advocates act as role models in obtaining independent living goals.

WACIL assists the consumer to identify areas of need and learning self advocacy skills in medical, legal, employment and social areas to obtain an independent lifestyle. Activities to develop and support peer relationships such as Potluck Dinners held monthly at the center. Donated computers are placed in the homes of people with disabilities, providing access to e-mail to communicate with other CyberPals. Persons with cross-disabilities participate in a day of festivities and adaptive recreational activities geared toward total access for everyone. Service Area: Buncombe, Henderson, Madison, McDowell, Polk, Rutherford, Transylvania Counties ([www.westernalliance.org](http://www.westernalliance.org)).

# State Independent Living Offices

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<http://dvr.dhhs.state.nc.us/DVR/faqs/ilfaqs.htm>

## **How do Independent Living services help?**

Independent Living assists eligible individuals with significant disabilities obtain services that :

- provide an alternative to institutionalization, when possible
- improve functioning in one's family, home and community
- help prepare a person for a vocational rehabilitation program

## **Who is eligible?**

A person may be eligible for Independent Living services if all of the following apply:

- they have a significant disability
- the disabling condition severely limits their ability to live independently
- services will significantly improve a person's ability to live independently

A person's financial resources must be considered to determine if the agency should pay for many services. Some services are available to eligible individuals without regard to financial need.

## **What services are available?**

The Independent Living Program will help eligible individuals develop objectives and identify services that will result in a plan of action. Services may include but are not limited to:

- guidance and counseling
- rehabilitation engineering
- home and vehicle modifications
- independent living skills training
- certain equipment purchases
- recreation therapy services
- assistance with leisure services
- personal assistance and personal assistant management training

Services may be provided directly, purchased, or coordinated through other community resources. For more information contact your local Independent Living office.

## State Independent Living Offices

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State Independent Living Offices are under the Vocational Rehabilitation Division under the North Carolina Department of Health and Human Services. To be eligible, one must have a significant disability that limits his/her ability to live independently and the services provided would greatly improve one's ability to live on his/her own. Contact the office closest to you to learn more about services available to you or you can visit their website <http://dvr.dhhs.state.nc.us/DVR/faqs/ilfaqs.htm>.

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**Union, Stanly, Montgomery, Rowan, Richmond, and Anson, and Cabarrus**

702 Henson Street  
Albemarle, NC 28001

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Fax: 704/983-3797

**Buncombe, Henderson, McDowell, Madison, Polk, Rutherford, and Transylvania**

8 Barbetta Drive  
Asheville, NC 28806  
Phone: 828/670-3377

Toll Free: 877-466-7115  
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**Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, and Yancey**

245 Winklers Creek Rd, Suite A  
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**Gaston, and Mecklenburg**

5501 Executive Center Dr, Suite 101  
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**Chatham, Durham, Lee, Orange, Person, and Granville**

4312 Western Park Place  
Durham, NC 27705-2332  
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Toll Free: 888/666-4916  
Fax: 919/560-3231

**Bertie, Camden, Chowan, Currituck, Dare, Gates, Pasquotank, Perquimans, Tyrrell, Washington**

401 S. Griffin St., Suite 75  
Elizabeth City, NC 27909

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**Bladen, Cumberland, Harnett, Hoke, Robeson, Sampson, Moore, and Scotland**

1200 Fairmont Court  
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**Alamance, Caswell, Guilford, Randolph, and Rockingham**

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Greensboro, NC 27407

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**Beaufort, Greene, Hyde, Lenoir, Pitt, and Wayne**

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101 Fox Haven Dr.  
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**Alexander, Burke, Caldwell, Catawba, Cleveland, Iredell, and Lincoln**

2661 Hwy. NC 127 South  
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Phone: 828/294-0338  
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2832 Neuse Blvd.  
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**Franklin, Johnston, Vance, Wake, and Warren**

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436 N. Harrington St.  
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**Edgecombe, Halifax, Hertford, Martin, Nash, Northampton, and Wilson**

Station Sq., Suite 163  
Rocky Mount, NC 27804

Phone: 252/446-0867  
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**Cherokee, Clay, Graham, Haywood, Jackson, Macon, and Swain**

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**Brunswick, Columbus, Duplin, New Hanover, and Pender**

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