

# COMMON PROGRAMS AT CENTERS FOR INDEPENDENT LIVING

## CORE SERVICES

- **Information and Referral** – Includes basic information on equipment, financial assistance, recreation, housing, attendant care, support groups, legal rights and many other disability and community topics and resources.
- **Independent Living Skills Training** – Training in areas such as budgeting, socialization, leisure planning, attendant care management and the use of community resources.
- **Peer Mentoring** – A person with a disability provides counseling and support on a one-to-one basis with another person who is experiencing personal problems related to a disability. The peer mentor functions as a role model, advocate and resource person.
- **Individual and Systems Advocacy** – The Centers help persons with disabilities identify their independent living needs, develop an individual plan of action to meet those needs, share resource information, and facilitate problem-solving skills necessary for ensuring an independent and self-determined life. The Centers also work with the SILC on developing systems advocacy issues and strategies, particularly legislative issues and strategies.
- **Transitions** – Are three-fold and provide services that:
  - Facilitate the transition of individuals with significant disabilities from nursing homes and other institutions to home and community-based residences, with the requisite supports and services.
  - Provide assistance to individuals with significant disabilities who are at risk of entering institutions so that the individuals may remain in the community.
  - Facilitate the transition of youth who are individuals with significant disabilities who were eligible for individualized education programs under IDEA and who have completed their secondary education or otherwise left school, to postsecondary life.

## SELF DIRECTED PERSONAL CARE SERVICES

This program is designed for people with disabilities who have long-term care needs, have full coverage under Montana Medicaid, and want to direct their in-home personal assistance services. To participate in this program, you must require assistance with personal care tasks or health maintenance activities and be able to manage paperwork and duties required by this Medicaid program. Eligible persons may also have a family member or other personal representative direct services on their behalf.

## LIVING WELL WITH A DISABILITY CLASSES

The Living Well classes facilitate effective goal setting in a step-by-step process that includes planning how each individual can reach an important life goal. These quality of life goals are developed by the consumer. In developing a “pathway” for reaching the goal, the individuals consider healthy lifestyle behaviors to facilitate goal achievement. For

example, an individual who sets a goal to make new friends might develop a weight loss objective toward meeting that goal. In other words, health is a means to an end. Further, when a goal is self-selected and meaningful, consumers are motivated to make healthy lifestyle behavior changes, using solution oriented thinking, rather than focusing on problems and barriers.