

# Independent Living Centers (ILCs)

Providing advocacy, resources  
and services to people with  
any type of disability,  
and of any age

# What are Independent Living Centers?

- Federally mandated, non-profit agencies
- Consumer controlled
- In Wisconsin, there is a statewide network of 8 ILCs
- Nationally there are several hundred ILCs

# What is Independent Living?

- People with disabilities have the right to make their own choices
- People with disabilities have the right to manage their own affairs
- People with disabilities have the right to live as independently as they choose in the community

# WHO do ILCs Serve?

- People of ANY AGE and with ANY TYPE of disability – no income restrictions or verification, and no screening or eligibility tests required!
- Friends, families and others who know of or assist people with disabilities
- Anyone who may need disability information or services

# WHAT do ILCs Provide?

- Information and Referral
- Peer Support
- Independent Living Skills Training
- Advocacy (individual, systemic, and grassroots)
- Institutional Transition and Diversion
- Post-secondary Youth Transition
- Assistive Technology
- Accessibility Assessments
- Public Benefits Assistance
- Youth Programs and Services
- Disability Awareness and Community Education

# WHERE do ILCs provide services?

**Wisconsin Coalition of Independent Living Centers**

**North Country Independent Living**  
69 N 28th St  
Suite 28  
Superior WI 54880  
715-392-9118 (V/TTY)  
715-392-4636 (fax)  
800-924-1220 (toll-free)  
<http://www.northcountynil.com>

**Midstate Independent Living Consultants**  
3262 Church St. Ste 1  
Stevens Point WI 54481  
715-344-4210 (V/TTY)  
715-344-4414 (fax)  
800-362-8484 (toll-free)  
[www.milc-inc.org](http://www.milc-inc.org)

**Options for Independent Living**  
555 Country Club Road  
P.O. Box 11967  
Green Bay, WI 54307  
920-490-0500 (V)  
920-490-0600 (TTY)  
920-490-0700 (fax)  
888-465-1515 (toll-free)  
[www.optionsil.com](http://www.optionsil.com)

**Center for Independent Living Western WI**  
2920 Schneider Ave E  
Menomonie, WI 54751  
715-233-1070 (V/TTY)  
715-233-1083 (Fax)  
800-228-3287 (toll-free)  
[www.cilwi.com](http://www.cilwi.com)

**Independent Living Resources**  
4439 Mormon Coulee Road  
LaCrosse, WI 54601  
608-787-1111 (V)  
608-787-1148 (TTY)  
608-787-1114 (FAX)  
888-474-5745 (toll-free)  
[www.ilresources.org](http://www.ilresources.org)

**Wisconsin Coalition of Independent Living Centers**  
3810 Milwaukee St.  
Madison, WI 53714  
608-444-3842 (Cell)  
[www.il-wisconsin.net](http://www.il-wisconsin.net)

**Access to Independence**  
3810 Milwaukee St.  
Madison, WI 53714  
608-242-8484 (V)  
608-242-8485 (TTY)  
608-242-0383 (FAX)  
800-362-9877 (V) (toll-free)  
[www.access2ind.org](http://www.access2ind.org)

**Society's Assets**  
5200 Washington Ave.  
Suite 225  
Racine, WI 53406  
262-637-9128 (V/TTY)  
262-637-8646 (FAX)  
800-378-9128 (toll-free)  
[www.societysassets.org](http://www.societysassets.org)

**Independence First**  
540 S. 1<sup>st</sup> Street  
Milwaukee, WI 53204  
414-291-7520 (V/TTY)  
414-291-7525 (FAX)  
877-463-3778 (toll-free)  
[www.independencfirst.org](http://www.independencfirst.org)

Visit this website to find an ILC near you!

<https://www.ilru.org/projects/cil-net/cil-center-and-association-directory>

# Information and Referral (InR)

- ILC staff are ready to provide current information about disability-related issues, services, and resources available to people with disabilities on topics such as
  - Housing
  - Transportation
  - Education
  - Employment
  - Benefits and finances
  - Social and recreational needs
  - Technology
  - Disability information
  - Legislation, policy and voting
  - Healthcare and long-term care

# Peer Support

- Staff and trained volunteers assist people with disabilities who have established independent living goals, and feel a peer mentor would be best to help them achieve those goals



# Independent Living Skills Training

- ILC staff can provide both group and individualized training in skill areas such as:
  - Budgeting
  - Transportation (private and public)
  - Communication
  - Computer and technology Skills
  - Cooking
  - Household Maintenance
  - Many MORE!

Services can be provided at the office or anywhere in our service region the person may need to learn the skills

# Advocacy

- *Individual Advocacy* teaches individuals how to effectively communicate their needs to obtain needed services and supports. This includes IEP advocacy, housing matters, and grievance and appeal processes that ILCs provides.
- *Systems Advocacy* is the ability to influence disability policy and legislation at a local, state and federal level, which ILCs do on a number of disability-related issues.
- *Grassroots Advocacy* educates and empowers anyone in our region who is interested in disability issues, policy or legislation at a local, state or federal level.

# Transition

- ILCs assist individuals who currently reside in nursing facilities or other institutions and wish to *transition* back to living in the community.
- ILCs assist individuals who are at risk of placement in an institution, so that they may remain in the community. ILCs work to *divert* people away from institutional settings.
- ILCs facilitate the *transition* of youth with disabilities in the post-secondary phase of their life to empower them to achieve goals related to education, employment and independent living.

# Assistive Technology

- ILC staff can demonstrate the use of devices that can eliminate barriers and improve independence.
- Many items can be loaned, free of charge.
- ILC staff are able to assist individuals with finding and purchasing technology that meets their needs, as well as locating available funding sources.
- ILC staff are able to provide training on how to use technology
- ILCs have two loan programs to give people with disabilities easier access to getting funding to afford their needed item(s). The following programs are available:
  - Wisloan
  - Telework

# Accessibility Assessment

ILCs are able to provide assessment assistance for:

- Home safety and accessibility
- Workplace ergonomics and accessibility
- ADA Compliance and recommendations that are beyond compliance

# Public Benefits Assistance

ILC staff are able to assist individuals with the complicated world of public benefits through

- Children's SSI application paperwork, as well as assistance with the request for reconsideration and request for a hearing
- Work-incentives benefits analyses and planning as a fee-for-service through DVR, managed care, or IRIS

# Youth Programs and Services

Youth (up to age 30) with disabilities may receive:

- IEP advocacy assistance
- Healthy Relationships Education
- Curriculum for DVR including:
  - Help Yourself!
  - Skills to Pay the Bills
- Direct services such as skills training
- Technology demonstrations and loans

# Community Education, Collaboration and Technical Assistance

- ILCs provide education on topics such as disability etiquette, voting rights, and the facets the ADA
- ILCs collaborate with many other agencies and organizations to achieve common goals
- ILCs provide outreach to encourage the use of its services





# WI Certified Peer Specialist Program

A Peer Specialist is a person who has not only lived the experience of mental illness but also has had formal training in the Peer Specialist Model of Mental Health Supports. They are an integral part of Mental Health Recovery Teams.

For information on this program contact:

Tim Saubers, CPS

WI Peer Specialist Program Coordinator

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

608-242-8484 ext 232

[tims@accesstoind.org](mailto:tims@accesstoind.org)

# No One Left Behind.

*A Mobile App Toolkit for Veterans*

### Virtual Hope Box



**Credibility**  
3.92 out of 5.00

**User Experience**  
3.59 out of 5.00

Free

Android iOS

### Positive Activity Jackpot



**Credibility**  
3.20 out of 5.00

**User Experience**  
3.57 out of 5.00

Free

Android

### Tactical Breather



**Credibility**  
3.20 out of 5.00

**User Experience**  
3.38 out of 5.00

Free

Android iOS

# My App Tooklit: Grounding & Meditation

## Stop, Breathe, & Think

An on-the-go meditation app for adults and adolescents, designed to guide users through the fundamentals of meditation with a focus on approaching meditation with self-compassion.



### Credibility

2.50 out of 5.00



### User Experience

4.75 out of 5.00



**Cost:** Free to download and use. Paid subscription plans available in-app.



## Buddhify

A mindfulness app featuring meditation programs with targeted exercises, self-monitoring program for users who wish to track their concentration, focus, and mindfulness over time.



### Credibility

2.85 out of 5.00



### User Experience

4.51 out of 5.00



**Cost:** Free to download and use. Paid programs and plans available in-app.



## Headspace

A flexible, and easy-to-use app that brings principles of meditation to users' busy lives. Users can complete a 10-session free trial before deciding to purchase a subscription



### Credibility

2.50 out of 5.00



### User Experience

4.74 out of 5.00



**Cost:** Free to download; one free meditation daily. Paid plans available in-app.



## Calm

A cross-platform meditation app designed with busy schedules in mind. Calm provides free and premium meditation programs for sleep, focus, creativity, and mild-to-moderate stress or anxiety.



### Credibility

2.50 out of 5.00



### User Experience

4.17 out of 5.00



**Cost:** Free to download. One free 2-30 minute meditation daily. Paid plans available in-app.



To learn more about these apps and reviews, visit [PsyberGuide.org/Apps](https://PsyberGuide.org/Apps)



Mobile Apps for Mental Health & Wellness

# Managing Depression

Finding the right app can be just as hard as finding the right doctor or therapist. The apps described below were designed with depression in mind.



## Catch It



Cost: Free  
Designed for Adults



**Credibility**  
3.20 out of 5.00



**User Experience**  
3.20 out of 5.00

*App Features:* mood logging, reflection exercises to identify contributors to current mood, thought changing exercises



## Wysa



Cost: Free  
Designed for Adults



**Credibility**  
2.85 out of 5.00



**User Experience**  
Not Yet Rated

*App Features:* intelligent chat-bot, guided exercises for reframing, deep breathing, suggested coping strategies based on user input.



## Virtual Hope Box



Cost: Free  
Designed for adults, military veterans



**Credibility**  
4.30 out of 5.00



**User Experience**  
3.59 out of 5.00

*App Features:* distraction skills, motivational quotes, puzzles & intellectual games, multimedia journal, guided meditations



## MoodKit



Cost: \$4.99  
Designed for Adults



**Credibility**  
2.85 out of 5.00



**User Experience**  
3.89 out of 5.00

*App Features:* coping skill suggestions, guided activities to manage moods from moment to moment, and symptom tracking.

To learn more about these apps, visit [PsyberGuide.org/apps](http://PsyberGuide.org/apps)



**PsyberGuide**  
A PROJECT OF ONE MIND

# Reducing Rituals: A Mobile App Toolkit for OCD




## GGOC: OCD Relief


Free

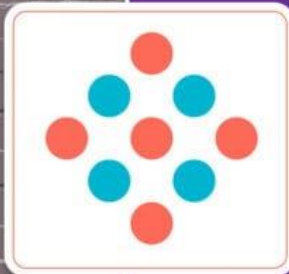
GGOC helps users reduce intrusive thoughts by increasing awareness of them, and encouraging users to challenge them. The app operates like a game with different levels that challenge users to practice skills to increase positive self talk, self esteem, coping skills, and more.



 **Credibility**  
3.21 out of 5.00

 **User Experience**  
Not Yet Available

 **Data Transparency**  
Questionable





## nOCD

Free

nOCD provides users with mindfulness strategies and exposure exercises to manage OCD symptoms. The app contains immediate guidance to use during an OCD episode, weekly tests to assess severity of OCD, as well as information, symptom tracking options, and resources for additional support.




 **Credibility**  
3.21 out of 5.00

 **User Experience**  
4.74 out of 5.00

 **Data Transparency**  
Acceptable



**PsyberGuide**  
A Project of One Mind

 | [psyberguide.org](http://psyberguide.org)

Managing Symptoms, Stress, and Sleep:

# A Mobile App Toolkit for Trauma Survivors




## PTSD Coach

Free

PTSD Coach offers multiple features for addressing reactions to trauma. It provides educational information about PTSD, a checklist to help with diagnosis, skills for managing symptoms, and resources for obtaining support.

 **Credibility**  
4.65 out of 5.00


 **User Experience**  
3.90 out of 5.00




## Calm

Free

Calm is a mindful meditation app that features specific "playlists" of guided meditations for specific experiences, including sleep disturbance, anxiety, and an "Emergency Calm" track for users experiencing panic or heightened anxiety.

 **Credibility**  
2.85 out of 5.00


 **User Experience**  
4.17 out of 5.00




## Dream EZ

Free

Dream EZ is designed to help users manage nightmares associated with stressful events. Users are encouraged to visualize and describe a nightmare via audio recording, then rewrite the plot and ending and record the rescripted dream.

 **Credibility**  
3.20 out of 5.00

 **User Experience**  
3.37 out of 5.00



# Practicing Wellness

## Mobile Apps for Stress Management



### Happify: For Stress & Worry

Happify aims to improve overall well-being and happiness by encouraging users to spend a few minutes every day completing activities based on positive psychology, cognitive behavioral therapy (CBT) and mindfulness.



Free



### Pacifica

Based on principles of cognitive behavioral therapy (CBT), Pacifica has a range of features: users can track how they are feeling, build meditation and gratitude skills, set goals and daily challenges, and learn and practice relaxation techniques.



Free



### SuperBetter

SuperBetter is a video-game style app in which users create a Secret Identity and progress through the game by completing quests. Quests consist of self-care activities, for example drinking water, or reaching out to an old friend.



Free



**PsyberGuide**  
A PROJECT OF ONE MIND

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The American  
Institute of Stress

THANK YOU! – Any Questions?