

Independent Living Training (Core Service)

The Department is responsible for Independent Living Training. Classes are facilitated throughout the community as well as in the center. The class schedule is as follows:

Class	Description	Day	Time	Instructor
Independent Living Skill Training	Review of basic principles to Independent Living; class covers budgeting; nutrition; transportation; socialization; and shopping; coping skills. Can be in a group setting or one-on one basis.	Wednesday	10am-noon	Independent Living Specialist
Reading	Basic Reading skills; taught on a one-on one basis	By Appointment	Determined by instructor after an assessment	Independent Living Specialist
Computer	Introduction to Basic Computers; Introduction to WORD, EXCEL, Internet and E-mail or other skills as determined by ILS and the consumer.	Tuesday	11:30am - 12:30pm or one-on- one	Independent Living Specialist
ACCESS	Peer Support Group/ Self Advocacy Group; Participants discuss current disability related and personal issues that may impact their lives.	Monday and one-on- one appointment	Determined by Instructor	Independent Living Specialist
Employment Readiness Class	ILS provides employment readiness classes which include resume writing, completing job applications, mock interviewing, how to dress, resolving workplace conflict, how to keep the job.	Determined by the ILS and the consumer	Ongoing	Independent Living Specialist
Employment Seminar	Meet Local area employers; learn how to successfully apply for a job with their company.	<i>On Hold</i> 2 nd Monday of Every other month	10am-12noon	Employer Representative
Sign Language	Basic Sign Language; Finger spelling	one-on- one Classes	Determined by Instructor	Independent Living Specialist