



New Community Opportunities Center at ILRU Presents...

Creating and Operating Services to Support Youth in Transitioning to Community Based Living

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Presenter:

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Metropolitan Center for Independent Living



MCIL: Transitioning to Community Based Living

Limited staff resources.

MCIL currently employs two individuals dedicated specifically to Transition services.

Additionally, other staff intermittently respond to Transition requests.

MCIL: Transitioning to Community Based Living, cont'd.

Select site “relationship building”

✓ Select 4 school programs where we insert MCIL Transition Staff for four full days per week.

✓ We also utilize specific web-based tools to build the Transition Program.

MCIL: Include Other Regular IL Services

- Cooking classes
- Money management
- Bus Training
- Managing your DSP
- Hygiene/personal needs
- Interpersonal skills
- Others



MCIL: Peer Mentoring

- Matching someone with another individual who has recently transitioned into community living.
- This also helps to build interpersonal skills.
- Goal focused.



Resources

- Housing Search
- Disability Benefits 101 (DB 101)
- Connection to county social services .
- Assistance with identification of other Community based resources.



MCIL: Use of “Living Well with a Disability” Curriculum

- Setting Goals
- Problem Solving
- Healthy Reactions
- Healthy Communications
- Beating the Blues
- Seeking Information
- Physical Activity
- Eating Well
- Advocacy



Contact Information

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Purpose of the Project

This program is part of a series of trainings and other activities provided to the IL field by the New Community Opportunities Center at ILRU. The project's purpose is to assist CILs in developing self-sustaining programs that support community alternatives to institutionalization for individuals of any age, and youth transition from school to post-secondary education, employment, and community living.



New Community Opportunities Attribution

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