

WHAT IS INDEPENDENT LIVING?

It means being able to exercise the greatest degree of choice in how you live your life. It means being able to:

- Control & direct your own life
- Take risks & be allowed to succeed & fail on your own terms
- Participate in community life & pursue activities of your own choosing
- Know what choices are available and select what is right for you, & take responsibility for your own actions
- Be as self-sufficient as possible

WHAT ARE INDEPENDENT LIVING CENTERS?

- CONSUMER CONTROLLED: Centers are run by a board of directors, more than half of whom are people with disabilities.
- COMMUNITY BASED: Centers are located throughout New York State in local communities.
- AVAILABLE TO ALL PEOPLE WITH DISABILITIES: Staff, board members, volunteers, & people served represent a broad cross-section of disabilities.
- NON-RESIDENTIAL: Centers are not places to live, nor do they own or operate places for people with disabilities to live.
- NON-PROFIT: Centers are approved for non-profit status with New York State.

M. I. L. C.



MAXIMIZING INDEPENDENT LIVING CHOICES

Serving St. Lawrence and Franklin Counties since 1987 with sites in Massena and Malone



MAXIMIZING INDEPENDENT LIVING CHOICES



A Resource & Advocacy Independent Living Center for People With Disabilities

*Serving all of
St. Lawrence & Franklin Counties*

St. Lawrence
156 Center Street
Massena, NY 13662
P: (315) 764-9442
F: (315) 764-9464

Franklin
41 Pearl Street
Malone, NY 12953
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F: (518) 483-7491

Toll Free: 1-877-397-9613

WWW.MILCINC.ORG

WHO DOES AN INDEPENDENT LIVING CENTER SERVE?

- People with all physical & mental disabilities
- People with disabilities of all ages
- Parents, spouses, siblings, & significant others of people with disabilities
- People with disabilities living in their own homes, supported living arrangements, institutional settings, and elsewhere
- School personnel, civic organizations, businesses, human services organizations, hospitals, health organizations, and local government agencies.

WHAT SERVICES ARE PROVIDED?

- INFORMATION & REFERRAL: Providing individuals with community, local, state, and federal resources and options that may be necessary in making informed choices about living, learning, and working independently.
- INDIVIDUAL & SYSTEMS ADVOCACY: Addresses access to equal opportunities in exercising social, economic, educational, and legal rights. ILCs work with individuals and organizations to promote full inclusion of people with disabilities and to improve existing laws.
- INDEPENDENT LIVING SKILLS TRAINING: Teaches everyday life skills one-on-one, often provided by people disabilities. Training may include budgeting, meal preparation, job seeking, and self-advocacy.



- PEER MENTORING: Provided between two or more individuals with disabilities to share ideas and experiences about living with a disability.
- ARCHITECTURAL BARRIER CONSULTS: Consultations to discuss modifications that will enable a home or business with additional accessibility.
- ASSISTIVE TECHNOLOGY: Assistance with securing, learning how to use and repair, and maintain equipment to assist individuals to live more independently at home.
- LOAN CLOSET: MILC provides a variety of equipment for use on a trial basis including, but not limited to: wheelchairs, canes, walkers, and accessible recreational equipment.
- BENEFITS ADVISEMENT: Assistance to apply and/or maintain benefits such as food stamps, TANF, Medical Insurance, SSI/SSDI, VA benefits, work incentives, and PASS Plans among others.
- HOME HEALTH CARE: MILC provides home health care services through its Consumer Directed Personal Assistant Services (CDPAS) program called *Taking Control*.
- HOUSING: While MILC is non-residential, it strives to assist individuals to locate accessible and affordable housing, or obtain housing modifications and accommodations.

- NAVIGATOR HEALTH INSURANCE ASSISTANCE: Provides one-on-one assistance to enroll in various health plan options through the NY State of Health Exchange. Navigators are trained and certified by the NYS Department of Health to explain health plans, the Affordable Care Act, and to assist with the enrollment process. Insurances include Medicaid, Child Health Plus, Essential plans, and Qualified Health Plans. Services are not limited to individuals with disabilities.
- FACILITATED ENROLLMENT HEALTH INSURANCE ASSISTANCE: MILC provides one-on-one assistance to enroll in various public health insurance options including Medicaid, Medicaid Spend-Down, Medicaid for Working Disabled, Medicare Savings Programs, and more. Individuals served by this program are 65 years or older, blind/visually impaired, or disabled regardless of age. Services are provided in Jefferson, Lewis, St. Lawrence, & Franklin Counties in convenient locations, often in the homes of applicants.
- PLUS: In service training, workshops, seminars on disability issues or laws, seminars on the Independent Living Philosophy, disability awareness training, pre-employment and job readiness consultation, and more!

CONTACT MILC TODAY!

