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HeiTech Services, Inc., is a woman- and service-disabled veteran-owned business. For corporate qualifications and references, visit us at [heitechservices.com](http://heitechservices.com) or call 301/918-9500.

NARIC

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## Information Resources for Independent Living

*Quick Picks from the Librarians at the National Rehabilitation Information Center*



NARIC

[www.naric.com](http://www.naric.com)

## Independent Living

Evolving from the U.S. civil rights and disability rights movements of the 1960s and 1970s; Independent Living emphasizes living a full, productive, independent life within the community rather than in a medical facility or institution.

normalization, and rehabilitation under a new standard developed by the experts—people with disabilities themselves.



Additional resources on independent living are available from our

webpage at [www.naric.com!](http://www.naric.com)

The Independent Living philosophy embraces the concepts of integration,

## Information and Support

### Independent Living Research Utilization (ILRU)

Phone: 713/520-0232 (V/TTY)

[ilru.org](http://ilru.org).

The ILRU program is a national center for information, training, research, and technical assistance in independent living. For the Directory of Centers for Independent Living (CIL's) and Associations visit: [ilru.org/projects/cil-net/cil-center-and-association-directory](http://ilru.org/projects/cil-net/cil-center-and-association-directory).

### Institute on Community Integration (ICI)

Phone: 612/624-6300

[ici.umn.edu](http://ici.umn.edu).

ICI works with service providers, policymakers, educators, advocacy and self-advocacy organizations, researchers, families, and individuals with disabilities around the world to provide state-of-the-art information and practices that support the community inclusion of individuals with disabilities. While they do not provide direct services or advocacy for individuals, families, or organizations, they may be able to direct you to resources in your community that can.

### National Council on Independent Living (NCIL)

Toll Free: 844/778-7961

[ncil@ncil.org](mailto:ncil@ncil.org).

[ncil.org](http://ncil.org).

NCIL advances independent living and the rights of people with disabilities through consumer-driven advocacy. NCIL represents thousands of organizations and individuals including: Centers for Independent Living (CILs), Statewide Independent Living Councils (SILCs), individuals with disabilities, and other organizations that advocate for the human and civil rights of people with disabilities throughout the United States.



### National Center for Assisted Living (NCAL)

Phone: 202/842-4444

[ncal.org](http://ncal.org).

The National Center for Assisted Living is the assisted living voice of the American Health Care Association. NCAL is dedicated to serving the needs of the assisted living community through national advocacy, education, networking, professional development, and quality initiatives.

### LeadingAge

Phone: 202/783-2242

[leadingage.org](http://leadingage.org).

Aging Services Directory lists adult day services, home health, community services, senior housing, assisted living residences, retirement communities, nursing homes, and more. Search within a radius by zip code, city, or state.



### A step-by-step guide to training and managing personal assistants: Consumer guide.

[fswe.ca/sites/default/files/documents/a%20step-by-step%20guide%20to%20training.pdf](http://fswe.ca/sites/default/files/documents/a%20step-by-step%20guide%20to%20training.pdf).

One of NARIC's most popular downloads, this updated manual offers consumers practical information on hiring, training, managing, and retaining personal assistants. The manual is based on the independent living philosophy that people with disabilities (consumers) should be in control of the personal assistance services that permit them to live independently.

## Housing

### U.S. Department of Housing and Urban Development (HUD)

To view HUD programs and resources to help homeowners with home repairs and

improvements, listed by state, visit [portal.hud.gov/hudportal/HUD?src=/states](http://portal.hud.gov/hudportal/HUD?src=/states). Click on: your state, learn about homeownership, and home repairs to find information on available programs. You can find low-rent apartments for senior citizens and people with disabilities, as well as for families and individuals from the low-rent apartment search, listed by state: [www.hud.gov/apps/section8/index.cfm](http://www.hud.gov/apps/section8/index.cfm).



### Socialserve.com

[socialserve.com](http://socialserve.com).

Allows user to search for accessible housing, choosing which options best fit their needs, by state.

### Homemods.org

Homemods.org is provided by the Fall Prevention Center of Excellence. The website is dedicated to promoting aging in place and independent living for persons of all ages and abilities and serves as an information clearinghouse on home modification for professionals and consumers. To search the National Directory of Home Modification and Repair Resources, by state, visit [gero.usc.edu/nrcshhm/directory](http://gero.usc.edu/nrcshhm/directory).

## Resources for Independence

### ABLEDATA

Toll Free: 800/227-0216; 703/356-8035

TTY: 703/992-8313

[abledata.com](http://abledata.com).

ABLEDATA provides objective information about assistive technology products and rehabilitation equipment available from domestic and international sources.

### Canine Companions for Independence (CCI)

Toll Free: 866/224-3647

CCI provides assistance dogs to people with developmental or physical disabilities who can demonstrate that a Canine Companion will enhance their independence or quality of life. Locate a Regional Office: [cci.org/site/c.cdKGIRNgEmG/b.4010985/k.F755/Locations.htm](http://cci.org/site/c.cdKGIRNgEmG/b.4010985/k.F755/Locations.htm).

### Guide Dogs of America

Toll Free: 800/459-4843

Phone: 818/362-5834

[guidedogsofamerica.org](http://guidedogsofamerica.org).

Guide Dogs of America provides professionally trained guide dogs and instruction in their use, free of charge, to blind and visually impaired men and women from the United States and Canada so that they may continue to pursue their goals with increased mobility and independence.

### Paws With A Cause

Toll Free: 800/253-7297

[pawswithacause.org](http://pawswithacause.org).

Paws With A Cause® trains Assistance Dogs nationally for people with disabilities and provides lifetime team support which encourages independence.



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