

Centre for Independent Living in Toronto (CILT)

A Resource Centre:
For persons with a
disability...by persons
with a disability.



Looking Back...



(c) Centre for Independent Living in Toronto

What is Independent Living ?

- Independent Living can be defined as:
 - An attitude
 - A set of organizational principles
 - A set of program methods and resources

What is Independent Living (IL)?

Independent Living Attitude believes that people with disabilities

- Know their own needs and are capable of finding solutions to problems surrounding disability issues.
- Are active participants in their communities
- Can have social services that empower individuals rather than create dependencies
- Focus on quality of life, not on limitations

Early Guiding Principles of Independent Living

- The needs can be met most effectively by programs which provide a variety of services, rather than having to go to several different agencies for services
- Disabled people should be as integrated as possible into the community

Current Guiding Principles of Independent Living in Canada



- At an **individual level**, Independent Living Attitude believes people with disabilities have a right to:
 - Examine choices
 - Make decisions
 - Take risks
 - Make mistakes
 - Take responsibility for one's own life

Current Guiding Principles of Independent Living in Canada

- At an **organizational level**, Independent Living means:
 - Consumer-controlled
 - Community-based (grass roots)
 - Cross-disability focus
 - Promotion of integration and participation (housing, employment, education)
 - Not for Profit

Centre for Independent Living In Toronto (CILT)



History of CILT

1982-85

- Formation and Incorporation;
- COTA was original trustee;
- Office established;
- Needs survey designed;
- Participatory action based research conducted;
- Results analyzed;
- and service begins.

What is CILT?

- CILT is a Resource Centre for people with disabilities.
- CILT assists persons with disabilities to take control of their own lives and to live independently in the community.
- CILT is one of 11 in Ontario and one of 28 other Independent Living Centres across Canada.



CLT's 4 Core Programs

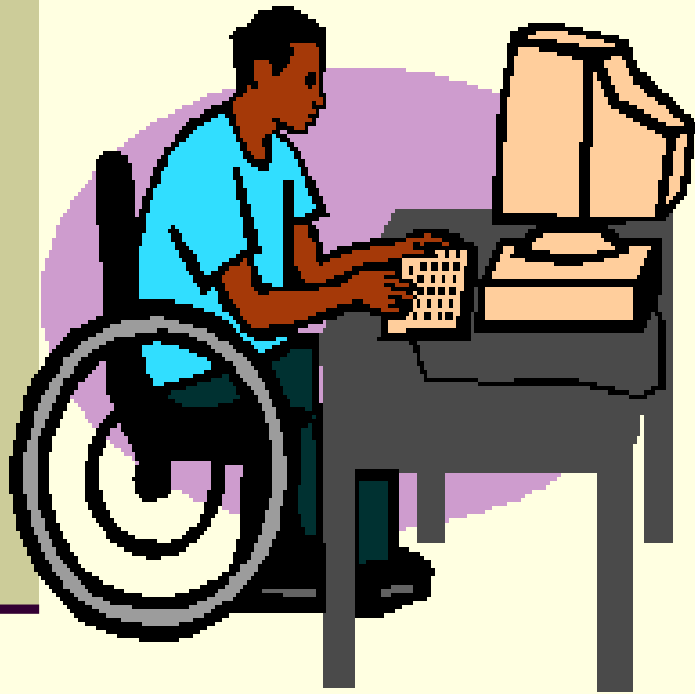
- Information & Referral
- Independent Living Skills Training
- Peer Support / Volunteer Program
- Service Development Programs
 - Parenting with a Disability Network
 - Attendant Service Application Centre (ASAC)
 - Direct Funding Program

Independent Living Skills Training Program

- Individual Advocacy Skills Training
- Short Term Crisis Intervention
- Skills Development Workshops and Projects for consumers
- Community Networking/Consultation
- Information Workshops for consumers, social workers, and service providers.



Information & Referral Program



- Information about accessible services and programs in Metro Toronto
- CILT Newsletter
- Computerized Resource Library
- Website – www.cilt.ca

Volunteer Program

- Volunteer Program offers people with and without disabilities opportunities to:
 - Gain unpaid work experience
 - Learn new skills
 - Build self-esteem
 - Meet and network with new people
 - Learn about different organizations and resources



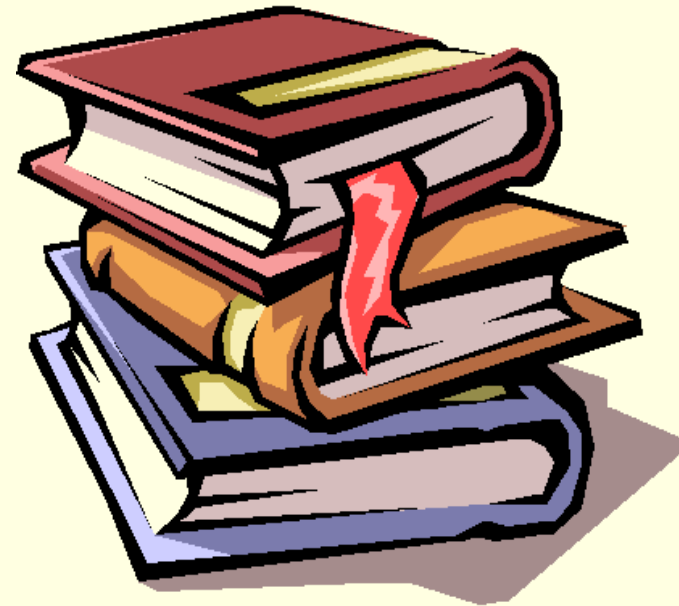
Volunteer Program

Volunteer opportunities include:

- Assisting with mailings
- Photocopying
- Assembling information packages
- Updating resource materials
- Filing and other administrative tasks

CILT Publications

- 17 Publications (English & French):
 - Directory of Accessible Restaurants in Toronto
 - The Parenting Book for Persons with Disabilities
 - Nurturing Assistance: A Guide to Providing Physical Assistance for Parents with Disabilities



Peer Support Program

- One-to-one peer support
- Diner's Club/ "Diner's Club Community Information Bulletin"
- Social / Informational events
- Peer Resources



Parenting with a Disability Network

- A peer support and information-sharing network for parents and prospective parents with a disability.
- Provides opportunities for:

Networking and Peer Support – social events, workshops, and parenting peer support group

Information – resources on parenting with a disability, community services, Parenting Bulletin, PDN publications

Education – workshops, seminars, research and development of new models of support.



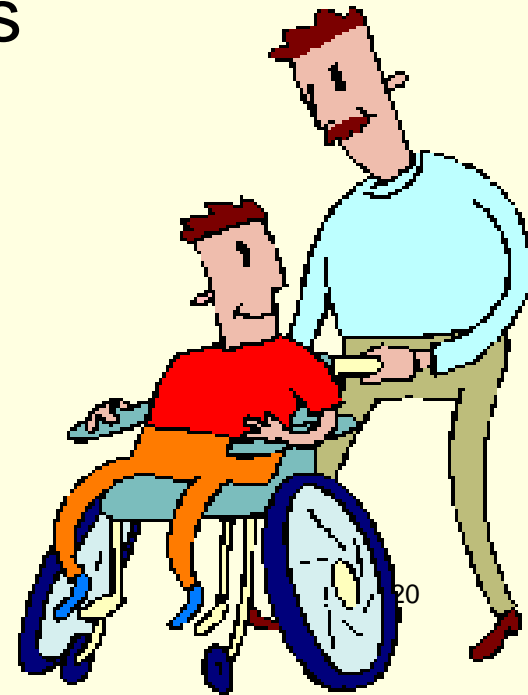
Service Development Programs

- Research and Develop innovative approaches for new service delivery models for Independent Living
- Test new solutions and create new methods of support
- Implement models into Service Programs/Projects
- Examples: Parenting with Disability, ASAC, DF Programs



Attendant Services

- What are Attendant Services?
- Eligibility Criteria
- Different Attendant Service Options



What are Attendant Services?

- Attendant Services are physical assistance with routine activities of daily living such as dressing, bathing, transferring and toileting as directed by the consumer with a disability
- Eligibility Criteria

CILT's Attendant Service Application Centre (ASAC)

- What is Attendant Service Application Centre (ASAC)
- The Role of ASAC
- Other Services Provided by ASAC

CILT's Direct Funding Program

- What is Direct Funding?
- Eligibility
- Responsibilities
- Advantages



Different Attendant Service Options

- Local Health Integration Network (LHIN) formerly the Community Care Access Centres
- CILT's Attendant Service Application Centre (ASAC)
- Attendant Service Providers
 - Attendant Outreach Services
 - Supportive Housing Unit / Shared Living
 - Transitional and Life Skills Programs
 - Student Assistance in Ontario
- CILT's Direct Funding (DF) Program
- Waiting Lists
- All Ministry of Health funded Attendant Service Providers must have a complaints and appeals process

Toronto Disability Issues

1. Attendant Services
2. Ontario Disability Support Program (ODSP)
3. Employment & Access Accommodations
4. Accessible & Affordable Transit
5. Accessible & Affordable Housing

CILT Testimonials

- **“Direct Funding** has given me access to more choices in my life regarding where and when I pursue my employment. It has allowed me to meet my obligations as a mother, a wife, a daughter, an employee and an active member of my community.”
-DF Self-Manager
- **Volunteer Program:** “I love to help. Whenever I help others, I always have a sense of fulfillment; especially when what I have done makes a difference in one person’s life”- **CILT Volunteer**

CILT Testimonials

- **Peer Support Diners Club:** “Delicious food, great conversation and the opportunity to meet new people, that is why I enjoy going to the diners club.” – CILT Diners Club Member
- **Parenting with A Disability Network (PDN):** “I have had Multiple Sclerosis for 20 years and I am happy that the Parenting with A Disability Network exists because when I call, everyone has been very good to me, sharing information ...that helps me with parenting. My husband is also grateful that the Parenting with a Disability Network exists with the **help from United Way.**” –CILT PDN member

CILT Testimonials

- **Independent Living Skills Training:** “The presentations were clear and informative, the presenters were all effective and the information provided was valuable and timely! The Civic Literacy project should prove to an important initiative for the community” – CILT Member
- “**CILT** not only provides support and social activities for its members but also valuable information and the tools for them to learn and develop leadership skills and confidence to go forward in their communities and really make a positive difference. ” – CILT Member

CILT PARTNERS

- Anne Johnston Heath Station
- ARCH Disability Law Centre
- Birchmount Bluffs Neighbourhood Centre
- Citizens with Disabilities – Ontario
- Ethno-racial Coalition for People with Disabilities Ontario
- Disability Rights Promotion International
- Independent Living Canada
- Ontario Network of Independent Living Centres

CILT Partners cont.

- Spinal Cord Injury Ontario
- Springtide Resources
- Ontario College of Art and Design University
– Inclusive Design Centre
- Ryerson University
- York University
- University of Toronto

CILT FUNDING PARTNERS

- United Way Toronto & York Region
- Toronto Central Local Health Integration Network
- City of Toronto
- Independent Living Canada
- The Ontario Trillium Foundation (periodically)
- CILT Memberships, Donations & Publications



United Way
Toronto & York Region

www.unitedwaytyr.com



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Ontario

Toronto Central Local Health
Integration Network



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