

# Independent Living Program

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## **Description:**

The Bureau of Rehabilitation Services (BRS), a division of the Department of Social Services contracts with five community-based independent living centers statewide to facilitate the Independent Living program (IL). The goal of the program is to integrate persons with disabilities into their communities of choice to the fullest degree possible and to help empower them to maintain an independent life. The independent living centers offer four core independent living services; namely: peer support, information and referral, individual and systems advocacy and independent living skills training. In addition, independent living centers work with the Bureau of Rehabilitative Services' vocational counselors to help persons with disabilities who are seeking employment.

### *Peer Support:*

Peer counselors are available to provide support to participants by utilizing their own experience living with disabilities and negotiating the system.

### *Information and Referral:*

Program participants are assisted in identifying and accessing services, supports, benefits, assistive technology, housing, personal assistance services and other resources that enhance independent living.

### *Individual and Systems Advocacy:*

Centers help participants secure the support and services needed to maximize their independence. They also advocate on a systems level to reduce barriers that can stigmatize and exclude persons with disabilities from full community participation.

### *Independent Skills Training:*

Independent Living Centers provide training in activities of daily living and the necessary skills to live as independently in the community as possible. Types of training include: management and recruitment of personal attendants, financial management, how to utilize community resources, how to locate housing and consumer rights and responsibilities.

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## **Eligibility Requirements, Service Areas and Program Year:**

### Eligibility Requirements:

- Must have a disability to apply for services.

### Service Areas:

Statewide

Program Year:  
October 1 – September 30

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### Contact Information:

Connecticut Department of Social Services  
Bureau of Rehabilitation Services  
25 Sigourney Street  
Hartford, CT 06106  
Telephone: 860-424-4878  
Toll Free: 800-537-2549  
Fax: 860-424-4850

### Connecticut Independent Living Centers:

Disability Resource Center of  
Fairfield County  
80 Ferry Boulevard  
Stratford, CT 06615  
Telephone: 203-378-6977  
Email: [info@drcfc.org](mailto:info@drcfc.org)  
Website: [www.drcfc.org](http://www.drcfc.org)

#### Towns Served:

Bethel	Monroe	Sherman
Bridgeport	New Canaan	Stamford
Brookfield	New Fairfield	Stratford
Danbury	Newtown	Trumbull
Darien	Norwalk	Weston
Easton	Redding	Westport
Fairfield	Ridgefield	Wilton
Greenwich	Shelton	

Center for Disability Rights  
764 Campbell Avenue  
West Haven, CT 06516  
Telephone: 203-9347077  
Email: [cdr7077@aol.com](mailto:cdr7077@aol.com)

#### Towns Served:

Ansonia	Cromwell	East Hampton
Bethany	Deep River	East Haven
Branford	Derby	Essex
Chester	Durham	Guilford
Clinton	East Haddam	Haddam

Hamden  
Killingworth  
Lyme  
Madison  
Meriden  
Middlefield  
Middletown  
Milford  
New Haven

North Branford  
North Haven  
Old Lyme  
Old Saybrook  
Orange  
Portland

Seymour  
Shelton  
Wallingford  
West Haven  
Westbrook  
Woodbridge

Independence Unlimited:  
151 New Park Avenue, Suite D  
Hartford, CT 06106  
Telephone: 860-523-5021  
Email: [indunl@aol.com](mailto:indunl@aol.com)

Towns Served:

Andover  
Avon  
Berlin  
Bloomfield  
Bolton  
Bristol  
Burlington  
Canton  
East Granby  
East Hartford  
East Windsor  
Ellington  
Enfield

Farmington  
Glastonbury  
Granby  
Hartford  
Hebron  
Manchester  
Marlborough  
New Britain  
Newington  
Plainville  
Plymouth  
Rocky Hill  
Simsbury

Somers  
South Windsor  
Southington  
Stafford  
Suffield  
Tolland  
Vernon  
West Hartford  
Wethersfield  
Windsor  
Windsor Locks

Disabilities Network of Eastern Connecticut  
238 West Town Road  
Norwich, CT 06360  
Telephone: 860-823-1898  
Email: [dnec@snet.net](mailto:dnec@snet.net)  
Website: [www.dnec.org](http://www.dnec.org)

Towns Served:

Ashford  
Bozrah  
Brooklyn  
Canterbury  
Coventry  
Chaplin  
Columbia

Colchester  
East Lyme  
Eastford  
Franklin  
Griswold  
Groton  
Hampton

Killingly  
Lebanon  
Ledyard  
Lisbon  
Mansfield  
Montville  
New London

North Stonington  
Norwich  
Plainfield  
Pomfret  
Preston  
Putnam

Salem  
Scotland  
Sprague  
Sterling  
Stonington  
Thompson

Union  
Voluntown  
Waterford  
Willington  
Windham  
Woodstock

Independence Northwest  
1183 New Haven Road, Suite 200  
Naugatuck, CT 06770  
Telephone: 203-729-3299  
Email: [indnw@aol.com](mailto:indnw@aol.com)

Towns Served:

Barkhamsted  
Beacon Falls  
Bethel  
Bethlehem  
Bridgewater  
Brookfield  
Canaan  
Cheshire  
Colebrook  
Cornwall  
Danbury  
Goshen  
Hartland  
Harwinton  
Kent

Litchfield  
Middlebury  
Morris  
Naugatuck  
New Fairfield  
New Hartford  
New Milford  
Newtown  
Norfolk  
North Canaan  
Oxford  
Prospect  
Redding  
Ridgefield  
Roxbury

Salisbury  
Sharon  
Sherman  
Southbury  
Thomaston  
Torrington  
Washington  
Waterbury  
Watertown  
Warren  
Winchester  
Wolcott  
Woodbury

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**Related Information:**

[\*New England Assistive Technology \(NEAT\) Center, refer to page XV - 51\*](#)

[\*Connecticut Tech Act Project, refer to page XV – 16.\*](#)

[\*Vocational Rehabilitation Program, refer to page XV - 61\*](#)