



# An Introduction to the Independent Living Movement

# What is Independent Living?

- People with disabilities are the best experts on their own needs.
- People with disabilities deserve equal opportunity to decide how to live, work, and take part in their communities.

Independent Living is:

- A movement
- A culture
- A program



# A Note About Language

- Person-first language
  - Emphasizes that disability is something a person has, not something a person is
  - Examples: people with disabilities, woman with MS
- Identity-first language
  - Emphasizes that disability is an inseparable part of a person's identity
  - Examples: disabled person, Autistic man

Which should you use?

- Follow the person's lead
- If you don't know, ask



# History

- All through history, people with disabilities have experienced discrimination, mistreatment and violence.
  - Nomads viewed people with disabilities as worthless
  - Early Christianity viewed disability as a result of sins
  - During the Middle Ages disability started to be seen as a manifestation of evil
  - 19<sup>th</sup> & 20<sup>th</sup> Century:
    - More/different institutionalization, ugly laws, eugenics

# Independent Living as a *MOVEMENT*

- The Independent Living Movement was informed by several social movements
  - Civil Rights
  - Deinstitutionalization
  - Self-Help
  - Demedicalization
  - Consumerism



# Independent Living as a *MOVEMENT*

- First Centers for Independent Living:
  - 1962- The Rolling Quads
    - Physically Disabled Students Program
  - 1972- First CIL established in Berkeley by three Rolling Quads and Ed Roberts became the Director
  - 1974- Atlantis Community established in Denver by Wade Blank
    - Civil Rights Activism
    - ADAPT



# Independent Living as a *MOVEMENT*

- Section 504 Sit-Ins
- “No otherwise qualified handicapped individual in the United States shall, solely by reason of his handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance”

ALL PERSONS WITH DISABILITIES...

**The Fed. Govt. is trying to STEAL our Civil Rights!!**

**DEMONSTRATE!**  
to Demand Signing of  
504 Regulations

SECTION 504 OF THE REHAB ACT OF 1973 WAS DEVELOPED BY CONGRESS TO PROTECT THE RIGHTS OF ALL PERSONS WITH DISABILITIES IN ANY PROGRAM RECEIVING FEDERAL FUNDS. FOR FOUR YEARS WE HAVE WAITED FOR REGULATIONS TO BE SIGNED. WE CAN WAIT NO LONGER! OUR RIGHTS TO EDUCATION, JOBS, ACCESSIBLE BUILDINGS, DAY CARE, MEDICAL SERVICES, HOUSING, TRANSPORTATION, ETC., ARE BEING WITFULLY WITHHELD BY THE CARTER ADMINISTRATION.

WHO SHOULD JOIN US? ALL PERSONS WITH DISABILITIES AND SUPPORTERS OF DISABLED RIGHTS.

**Tues. April 5**  
ALL DAY FROM 10 AM, RALLY AT NOON

**HEW Office 50 Fulton St., S.F.**  
**United Nations Plaza, Off BART - Civic Center**

504 Emergency Coalition 2330 TELEGRAPH AVE., BERKELEY 94704  
PHONE KITT OR JONATHAN; DAYS 841-3790 NIGHTS 428-2286

INTERPRETER FOR PERSONS WHO ARE DEAF WILL BE PROVIDED.

- Courtesy Ken Stein



# Independent Living as a *CULTURE*

- People with disabilities, have a common history and a shared history and will advance further when we band together politically.
- “People with disabilities have forged a group identity. We share a common history of oppression and a common bond of resilience. We generate art, music, literature, and other expressions of our lives and our culture, infused from our experience of disability. Most importantly, we are proud of ourselves as people with disabilities. We claim our disabilities with pride as part of our identity.”

-Steven E. Brown





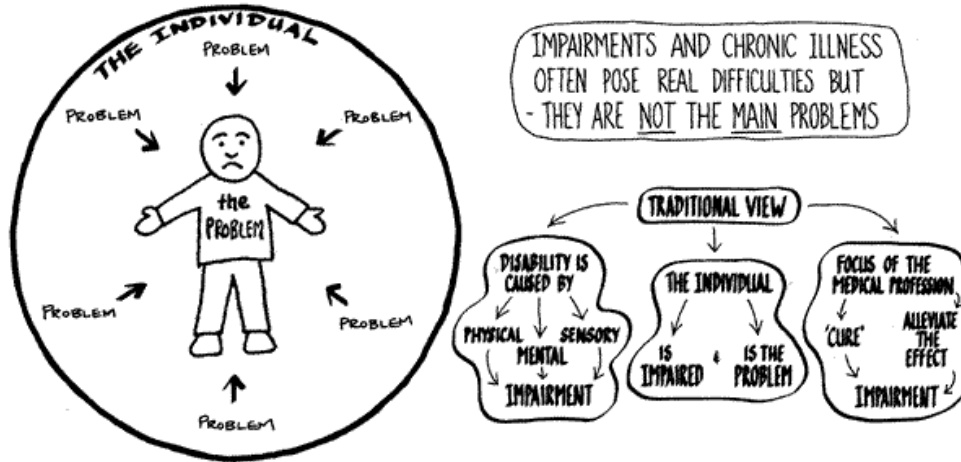
# Independent Living as a *CULTURE*

- The elements of our culture include, certainly, our longstanding social oppression, but also our emerging art and humor, our piecing together of our history, our evolving language and symbols, our remarkably unified worldview, beliefs and values, and our strategies for surviving and thriving... Any time disabled people have been able to come together, culture has flourished - in hospital wards, in special schools, at charity camps, during sit-ins, during creative workshops, in peer-support groups, in the hotel corridors of disability conferences, in jail. -Carol Gill

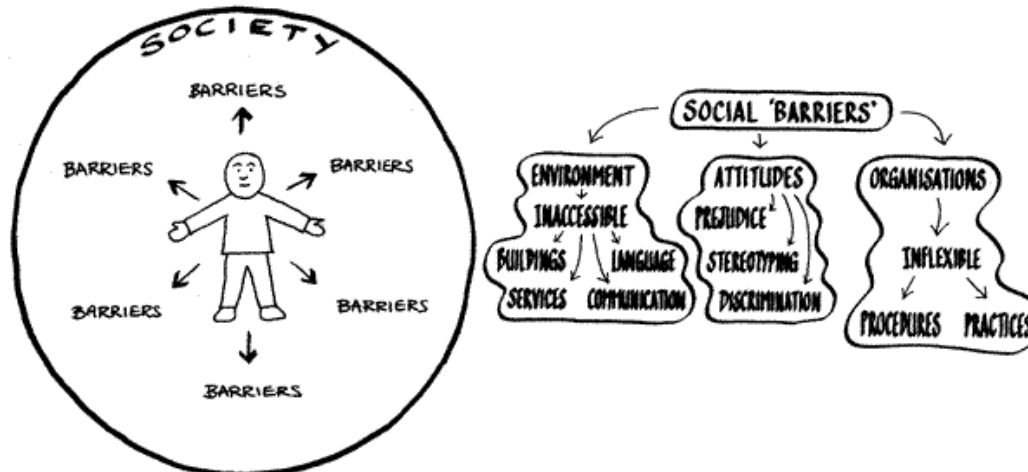


# Reframing Disability

## THE MEDICAL MODEL OF DISABILITY



## THE SOCIAL MODEL OF DISABILITY



# Independent Living as a *PROGRAM*

- Centers for Independent Living (CILs)
  - a consumer-controlled, community-based, cross-disability, nonresidential private nonprofit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.
- Statewide Independent Living Councils (SILCs)
  - Each state and territory is required to maintain a SILC.



# Independent Living as a *PROGRAM*

- Centers for Independent Living (CILs)
  - a **consumer-controlled, community-based, cross-disability, nonresidential** private nonprofit agency that is designed and operated within a local community by individuals with disabilities and provides an array of independent living services.
    - \*At least 51% of the board, staff, and decision-making staff are people with disabilities



# Independent Living as a *PROGRAM*

- Centers for Independent Living (CILs)
  - Core Services
    - Information & referral
    - Independent living skills training
    - Advocacy
      - Individual
      - Systems
    - Peer counseling
    - Transition
      - From nursing homes and other institutions to community-based residences
      - Assisting individuals to avoid institutional placement
      - Transition of youth with significant disabilities from secondary education to postsecondary life.



# Independent Living as a *PROGRAM*

- Centers for Independent Living (CILs)
  - Additional Services
    - Personal assistance services
    - Securing accessible, affordable, and integrated housing
    - Assistance with assistive technology
    - Vocational and employment services
    - Transportation services
    - Many others based on the needs of the community

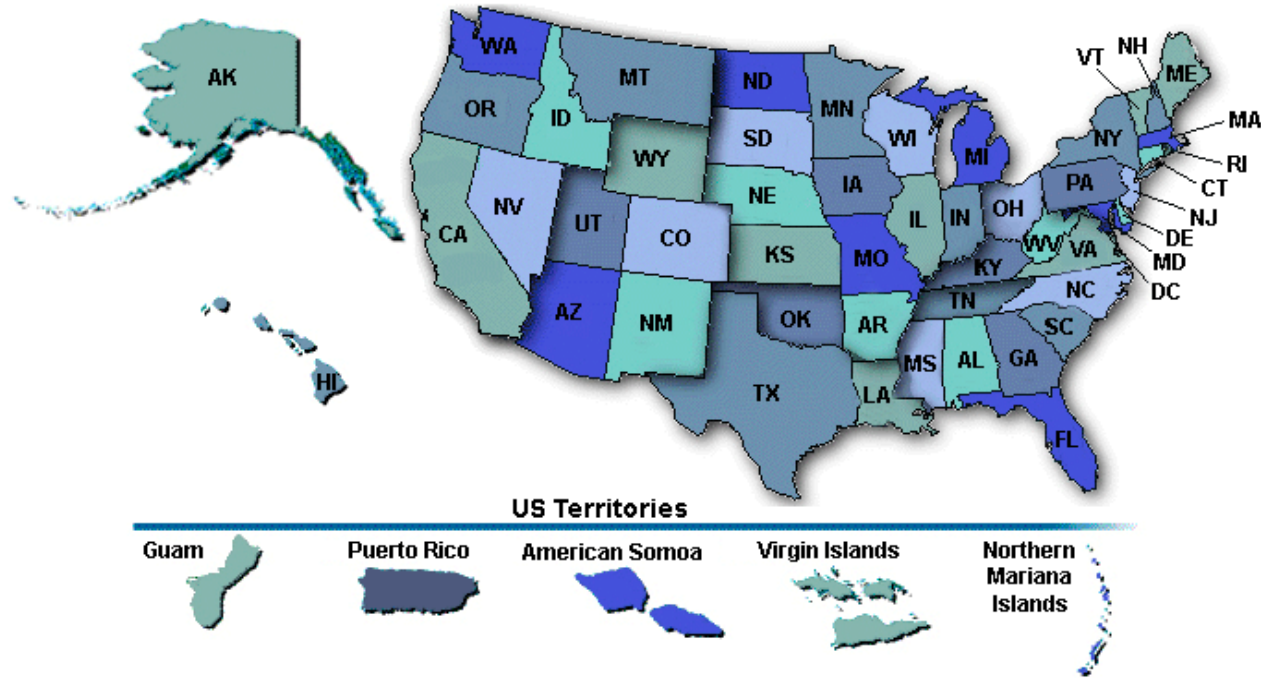


# Independent Living as a *PROGRAM*

- Atlantis Community (Denver, CO) – Mobile Independent Living Unit
- Service Center for Independent Living (Claremont, CA) – ‘Disability Athletics Faire’
- Able South Carolina (Columbia, SC) – Disabilities Right to Parent Act
- Southern California Resource Services for Independent Living (Alhambra, CA) – STEM program



# Resource: CIL Directory



<http://www.ilru.org/html/publications/directory/index.html>



# Independent Living as a *PROGRAM*

- Statewide Independent Living Councils (SILCs)
  - Each state must establish and maintain a SILC
  - SILC members are appointed
    - Members must represent statewideness, a range of disabilities and diverse backgrounds, knowledge about CILs and IL services
    - At least 51% of members must be people with disabilities

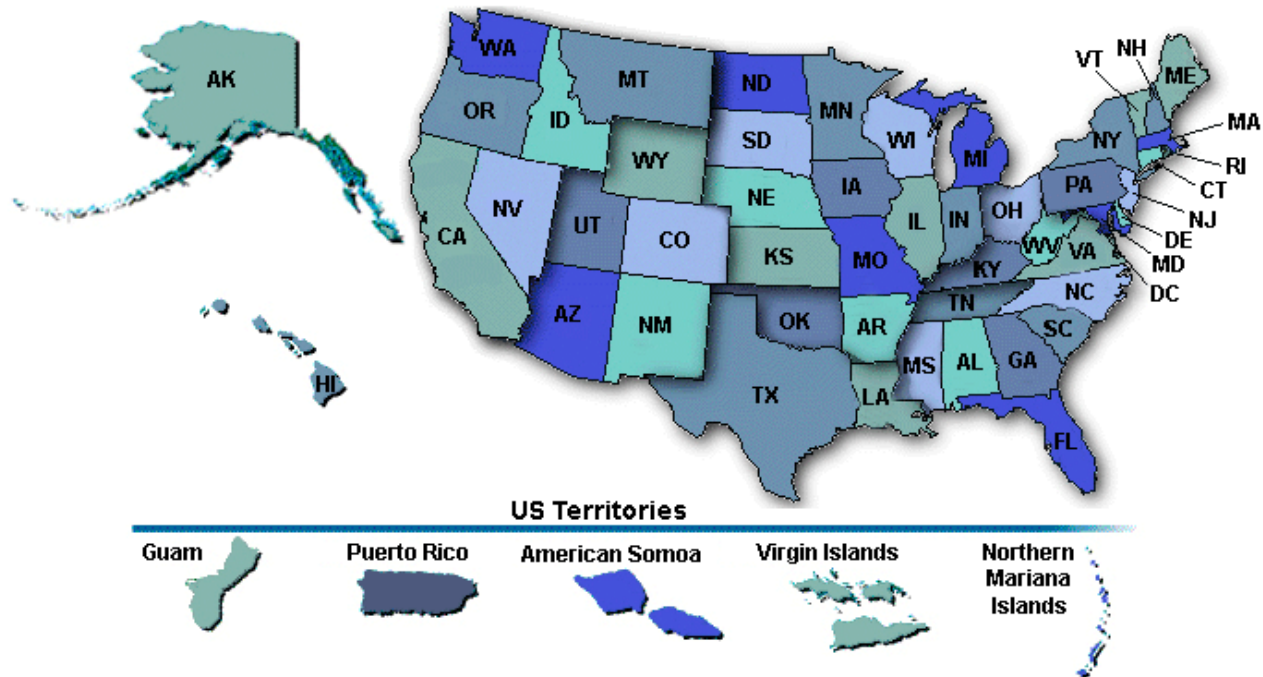


# Independent Living as a *PROGRAM*

- Statewide Independent Living Councils (SILCs)
  - Develop the State Plan for Independent Living (SPIL) with the CILs
  - Monitor, review, and evaluate implementation of the SPIL
  - Advise CILs
  - Identify the need for expanded services
  - Coordinate activities with other entities in the state



# Resource: SILC Directory



<http://www.ilru.org/projects/silc-net/silc-directory>

# Independent Living as a *PROGRAM*

- The National Council on Independent Living (NCIL) is the longest-running national cross-disability, grassroots organization run by and for people with disabilities.
- NCIL represents thousands of organizations and individuals throughout the US including:
  - Individuals with disabilities
  - Centers for Independent Living (CILs)
  - Statewide Independent Living Councils (SILCs)
  - Other organizations that advocate for the human and civil rights of people with disabilities.

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



# Independent Living as a *PROGRAM*

- The Association of Programs for Rural Independent Living (APRIL) is a national grassroots, nonprofit membership organization concerned with the independent living issues of people with disabilities living in rural America.
- APRIL represents over 260 members from:
  - Centers for Independent Living (CILs)
  - Satellite and branch offices
  - Statewide Independent Living Councils (SILCs)
  - Other organizations and individuals

[www.april-rural.org](http://www.april-rural.org)



# Resource: Weekly Advocacy Monitor



## the advocacy monitor

Independent Living News & Policy from the National Council on Independent Living



The Advocacy Monitor is a project of the National Council on Independent Living, a leading cross-disability, grassroots organization run by and for people with disabilities that represents 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.

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### Call for Proposals: AIRS 2018 I&R Training and Education Conference

February 1, 2018 By [theadvocacymonitor](#) · [Leave a Comment](#)

The Alliance of Information and Referral Systems (AIRS) has released the call for proposals for the 2018 Annual Information and Referral (I&R) Training and Education Conference. This 40th annual I&R conference is being held in Dallas, Texas, June 3-6, 2018. AIRS is seeking workshops addressing the breadth of I&R service delivery.

The Aging and Disability conference track offers a unique opportunity to share developments and effective practices in serving older adults, persons with disabilities, and caregivers with I&R/A colleagues across the country. This track is coordinated by NASUAD's I&R Support Center, which strongly encourages aging and disability I&R agencies of all types to review the call for proposals and consider a submission. **The deadline for proposal submissions is February 16, 2018.**

[See aging and disability presentation topics from past years.](#) For the current call for

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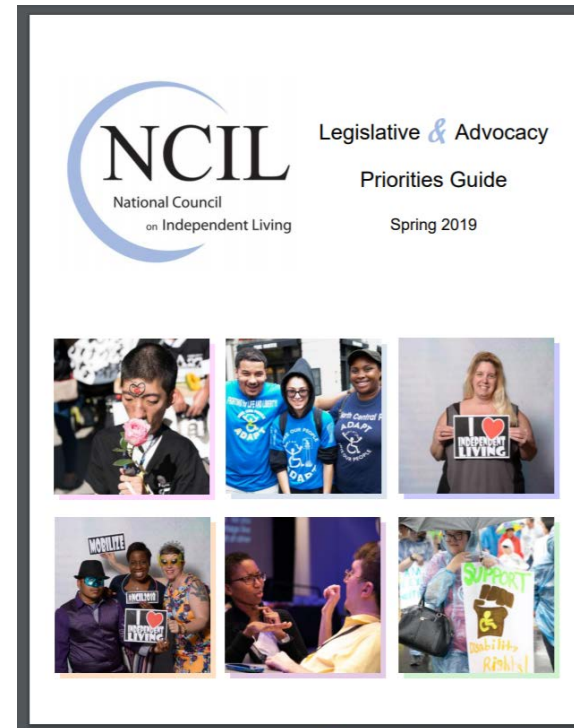


# Resource: 2019 Legislative & Advocacy Priorities Guide

For more  
information:

[www.ncil.org/press-room](http://www.ncil.org/press-room)

Legislative &  
Advocacy Priorities  
Guide



# Resource: Upcoming Event

2019 Annual Conference on Independent Living



July 22-25, 2019

Grand Hyatt, Washington, DC

## Upcoming Trainings

<https://www.ncil.org/annual-conference/training/>





# Questions?

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