

## TILES PARTNERS

Florida Department of Education/Bureau of  
Exceptional Education & Student Services  
(850) 245-0505 • [www.fldoe.org](http://www.fldoe.org)

Florida Department of Education/  
Division of Vocational Rehabilitation  
(800) 451-4327 • [www.rehabworks.org](http://www.rehabworks.org)

The Transition Center  
(352) 392-0107 • [www.thetransitioncenter.org](http://www.thetransitioncenter.org)

Disabilities Relations Group (DRG)  
(727) 523-1000 • [www.drglobal.com](http://www.drglobal.com)

Redlands Christian Migrant Association (RCMA)  
(941) 658-3560 • [www.rcma.org](http://www.rcma.org)

WorkNet Pinellas  
(727) 507-4300 • [www.worknetpinellas.org](http://www.worknetpinellas.org)

The ABLE TRUST  
(888) 838-ABLE (2253) • [www.abletrust.org](http://www.abletrust.org)

Professional Development Partnership  
(727) 873-4853 • [www.stpt.usf.edu](http://www.stpt.usf.edu)

Caring and Sharing Center  
for Independent Living (CASCIL)  
(727) 577-0065 • [www.cascil.org](http://www.cascil.org)

Advocacy Center for Persons  
with Disabilities, Inc.  
(813) 233-2920 • [www.advocacycenter.org](http://www.advocacycenter.org)

Florida Independent Living Council, Inc. (FILC)  
(877) 822-1993 • [www.flailc.org](http://www.flailc.org)

Florida Alliance for Assistive Services  
and Technology (FAAST)  
(850) 487-3278 • [www.faastr.org](http://www.faastr.org)

VSA Arts of Florida  
(813) 975-6972 • [www.vsafl.org](http://www.vsafl.org)

Florida Coalition for the Education of Individuals  
with Developmental Disabilities  
(561) 912-1231

disAbility Solutions for Independent Living, Inc.  
(386) 671-1960

Collier County Office  
of Exceptional Student Services  
(239) 377-0130

<http://www.collier.k12.fl.us/CandI/ese/index.asp>



2735 Whitney Road  
Clearwater, FL 33760

## TIP SHEET



TRANSITION, INDEPENDENT LIVING, EMPLOYMENT & SUPPORT

INDEPENDENT LIVING



A Project of  
**Family Network  
on Disabilities of Florida, Inc.**

2735 Whitney Road • Clearwater, FL 33760  
(800) 825-5736 • (727) 523-1130 • Fax (727) 523-8687  
Email: [tiles@fndfl.org](mailto:tiles@fndfl.org) • [www.fndfl.org](http://www.fndfl.org)

Independent Living Skills are those skills that are necessary for living in as self-sufficient a manner as possible. No person, with or without a disability, is born with these skills; they must be learned. For individuals with disabilities, some of these skills may be particularly difficult or time-consuming to obtain, requiring assistive devices and/or extra training and practice to achieve the highest possible level of independence.

### Independent Living Skills May Include:

- Home Management
- Budgeting, Banking, and Money Management
- Social Skills and Relationships
- Stress Management
- Self-Advocacy and Assertiveness
- Travel and Transportation
- Problem-Solving (legal, family, & social)
- Meal Planning/Preparation
- Shopping
- Personal Hygiene
- Safety and Emergency Planning
- Communication
- Mobility
- Personal Health Care
- Accessing Community Resources

### Start Teaching Independent Living Skills Early

Involve your son or daughter in the ordinary activities of running a home. Even if physical limitations prevent them from performing the tasks, they may need to know how the process works so that they can tell someone else what to do. For students in school served under IDEA, integrate independent living skills development as part of the Transition IEP. When significant disabilities exist, consider initiating a Transition IEP earlier than the age of 14.

### Cultivate Your Son's or Daughter's Mind and Talents

Make their studies and school responsibilities (homework, projects) theirs, not yours. Give them the joy of their own success.

### Get Connected to Your Local Center for Independent Living (CIL)

CILs are typically non-residential, private, nonprofit, consumer-controlled, community-based organizations providing services and advocacy by and for persons with all types of disabilities to assist them to achieve their maximum potential. Request assistance from your local CIL to assess Independent Living skill levels and identify needs for skill development.

### Consider the Use of Assistive Technology for Gaining Greater Independence

Utilize a tool such as *WATI AT and Transition* to help identify areas of independent living that may be aided by assistive technology. (See Additional Resources for more information about WATI AT and Transition)



### Additional Resources

(Referenced resources are available in alternate formats upon request)

#### Florida Independent Living Council, Inc.

offers a helpful contact directory to reach your local Florida CIL.  
1018 Thomasville Road, Suite 100A,  
Tallahassee, FL 32303.

**Phone:** (850) 488-5624 Voice/TTY,

**Toll Free:** (877) 822-1993

**Fax:** (850) 488-5881

**Email:** [filc@polaris.net](mailto:filc@polaris.net)

**Website:** <http://www.flailc.org>

#### WISCONSIN ASSISTIVE TECHNOLOGY INITIATIVE (WATI) AT and TRANSITION

a useful document to help identify possible assistive technology opportunities to increase independent living skills.

Publication available for download:  
[www.wati.org/pdf/attransitionpacket.pdf](http://www.wati.org/pdf/attransitionpacket.pdf)

**Phone:** (920) 424-2247

**Website:** <http://www.wati.org>