



INDEPENDENT LIVING CHOICES

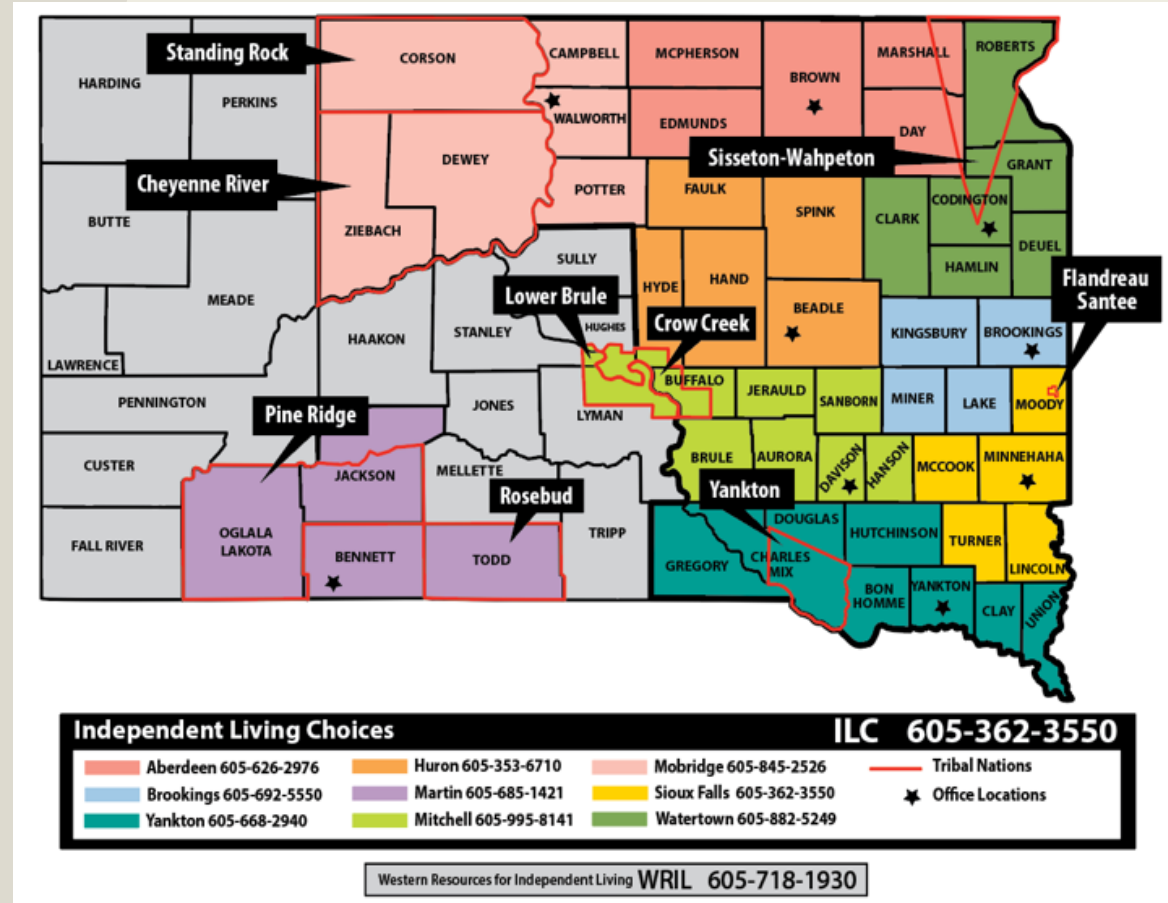
Opening doors for people with disabilities

**We provide services to people with disabilities
who make independence their choice.**

Opening doors for people with disabilities

Agency Overview

- Established in 1982 as a private nonprofit 501(c)(3) organization.
- Formerly known as Prairie Freedom Center. Main Office: Sioux Falls, SD.
- Expansion Offices: Aberdeen, Brookings, Huron, Martin, Mitchell, Mobridge, Watertown, and Yankton.
- In 2011 Merged with Opportunities for Independent Living (OIL), adding the Huron, Watertown, and Aberdeen offices.
- 2018: Opened the Mobridge office.
- 2019: Expanded services with the Martin office.



Independent Living Philosophy

- Individuals with disabilities are experts on their own needs
- They should have the opportunity to decide how and where to live, if and where they work, and the manner in which they participate in their communities
- They should have the opportunity to make decisions about the services that affect their daily living and impact their independence
- All ILC services are participant-driven

Five Core Services



Advocacy



Independent Living Skills



Information & Referral



Peer Support



Transition

Advocacy

- Advocate alongside participants when needed.
- Assist with applying for SSI/SSDI benefits.
- Provide information about Guardianship and Conservatorship.
- Encourage participants to share input about Independent Living and other services.
- Assist when someone has experienced discrimination, harassment, or unfair treatment.
- Attend IEP and ISP meetings for support.
- Help participants request accommodations or modifications in employment and housing.
- Assist with applying for SSI/SSDI benefits.
- Provide information about Guardianship and Conservatorship.
- Encourage participants to share input about Independent Living and other services.

Independent Living Skills Training

We provide hands-on training to help individuals gain confidence and live more independently.

- Cooking and meal planning
- Cleaning and household chores
- Laundry
- Self-care and
- personal hygiene
- Grocery shopping
- Budgeting and money management
- Sorting and understanding mail
- Scheduling and keeping appointments
- Organization and time management
- Leisure, social, and volunteer activities

Information and Referral

We connect individuals with community resources that support independent living.

Vocational Rehabilitation (VR)

Long-Term Services and Supports (LTSS)

South Dakota DROP
(formerly
Communication
Services for the Deaf)

Services to the Blind
and Visually Impaired
(SBVI)

Counseling and mental
health services

Transportation services

Food and nutrition
resources

Home repair and
accessibility resources

Healthcare and Dental
services

Peer Support

We provide opportunities for people with disabilities to connect with others who have shared experiences and can offer support, encouragement, and resources.

- Individual Peer Support
- One-on-one peer support
- Peer Visitor Volunteer Program
- Support provided by phone, mail, email, virtual meetings, or in person Support
- Disability-specific groups
- (such as Brain Injury and Parkinson's)
- Youth and Young Adult groups (ages 16+)
- Cross-disability groups for individuals of all a

Summer Transition Program

Youth ages 14 -21
preparing for life after
high school.

Teaches independent
living skills like
budgeting, cooking,
organization, and
personal care.

Builds self-advocacy and
decision-making skills.

Introduces career
exploration, employment
readiness, and
community resources

Helps participants gain
confidence and become
more independent.

Includes guest speakers,
hands-on activities, and
opportunities to build
social skills.

Life Skills & Transition Topics

- Employment
- Personal Hygiene
- Mental Health
- Physical Health
- MyPlate & Healthy Eating
- Cooking Skills & Kitchen Safety
- Meal Planning & Meal Prepping
- Money Management & Budgeting
- Self-Advocacy
- Disability Awareness
- Secondary Education & Training
- Public Safety & Fire Safety
- Housing & Independent Living
- Cleaning & Household Chores
- Daily Living Skills
- Healthy Relationships

Kick off day

Vocational Rehabilitation Presentation – Amy Fink

Don't Spill the Beans – Employment Opportunities

Splash Central – Seasonal Employment

Taco John's – Workplace Expectations

Simply Us Boutique – Retail Careers

Resume, Job Applications & Interview Practice

My Plate Activity

Meal Preparation & Kitchen Clean-Up

Journal & Tomorrow's Agenda

Group Team-Building Game

2nd Day

Advocacy & Life Skills Activity

Community Counseling Presentation

Disability Awareness Activity

Mental Health Presentation

Meal Preparation & Kitchen Clean-Up

Journal & Tomorrow's Agenda

Wesleyan Quest Presentation

Group Team-Building Game

3rd Day

Dakota Land Federal Credit Union Presentation

Housing Activity

Cleaning Products Game

Importance of Meal Prepping Discussion and activity

Meal Prep tomorrows Lunch

Meal Preparation & Kitchen Clean-Up

Journal/ Post Surveys

Group Team-Building Game

4th Day

Police Department Presentation

Fire Department Presentation

Create Thank you Cards

Picnic at Park

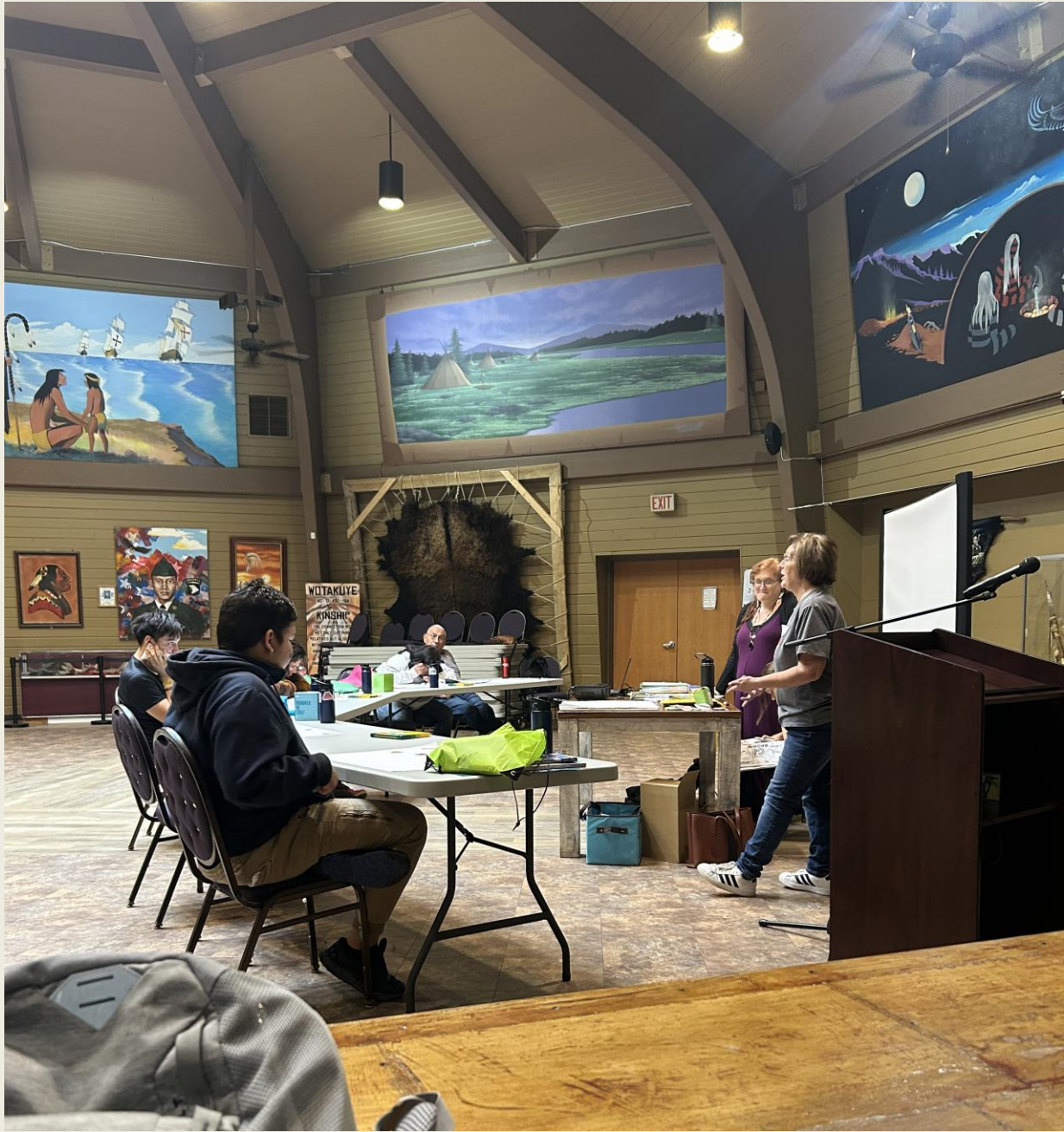
Group Game

Tour of Huron Public Library

Post Surveys

Group Team-Building Game





Transition Services

- Nursing Home Transition – Helps people move from a nursing home or other facility back into the community with the supports they need.
- Nursing Home Deterrence – Helps people stay safely in their homes and avoid moving into a nursing home.
- Youth Transition – Assists youth with moving from high school into adult life, including independent living, housing, and referrals to Vocational Rehabilitation.
- Ages 16–21 – Provides support and independent living skills to help youth prepare for living more independently.

Other Services



Community Living Services



Home Modification & Adaptive
Devices



Telecommunication Adaptive
Devices



American With Disabilities Act



Assistive Daily Living Services



Money Follows the Person

Community Living Services

Assisting individuals in obtaining accessible, affordable housing, transportation, and other community living services.

- Assistance with applying for:
- Accessible, affordable housing
- SNAP (Food Stamps)
- Paratransit/Bus training
- Weatherization Assistance Program/Energy Assistance
- Lifeline (Affordable Connectivity Program)

Home Modifications & Adaptive Devices (HMAD)

Providing home modifications, assistive devices, and vehicle modifications.

- Must meet financial guidelines
- Request must match the disability
- Lifetime funding limit per participant
- Commonly provided devices and modifications:
 - Lift chairs
 - Bathroom modifications
 - Hand controls, foot pedals, and ramps
 - Reacher's
 - Canes
 - Walkers
 - Flashing doorbells
 - Bed shaker alarms
 - Ramps

Telecommunication Adaptive Devices (TAD)

Emergency
Response Phone

Mobile ERS

Picture Phones

Cordless Phones

iDevices (require
financial
eligibility)

Americans with Disabilities Act

- Serving as educators and consultants for contractors, businesses, organizations, and individuals regarding the American with Disabilities Act (ADA) and its guidelines and requirements.
- Providing ADA assessments in people's homes and to the public.

Money Follows the person (MFP)

- Money Follows the Person (MFP) Federally funded program that helps people move from nursing homes or other long-term care facilities back into the community.
- Helps identify barriers, find accessible housing, and connect people with the services and supports they need.
- Provides funding for one-time items and services that are not typically covered by South Dakota Medicaid.

ADLS Waiver (Adult Disability Living Services)

- For adults 18+ with significant physical disabilities affecting all four limbs.
- Helps people stay in their own home instead of moving to a nursing facility.
- Must meet Medicaid/SSI and nursing facility level of care requirements.
- Participant must be able to direct their own care or have someone who can.
- Spinal Cord Injury
- Cerebral Palsy
- Multiple Sclerosis
- Muscular Dystrophy
- Other muscle, joint, or brain-related disabilities

ADLS Waiver (Adult Disability Living Services)

- **Case Management** – Service planning, evaluations, and connecting people with community resources.
- **Personal Attendant Services** – Assistance with daily living activities.
- **Lifeline** – 24/7 emergency response system.
- **In-Home Nursing** – Skilled nursing services that personal attendants cannot provide.
- **Incontinence Supplies** – Briefs, pads, wipes, and skin care products.
- **Respite Care** – Temporary relief for caregivers.
- **Vehicle Modifications** – Lifts, ramps, and adaptive driving equipment.
- **Medical & Adaptive Equipment** – Devices that increase independence with daily activities.
- **Home Modifications** – Ramps, grab bars, widened doorways, and other accessibility changes.