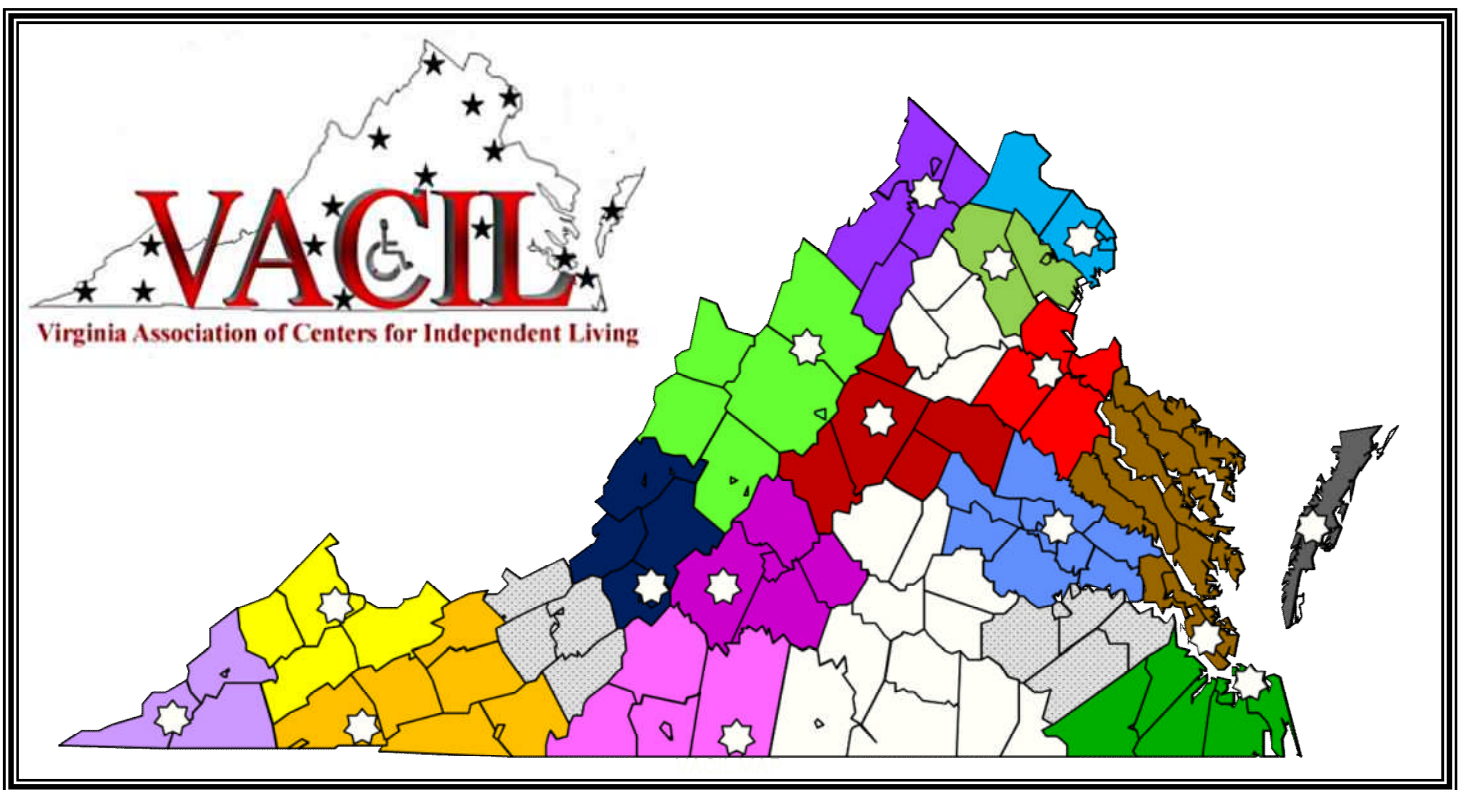


Virginia Centers for Independent Living (VACIL)

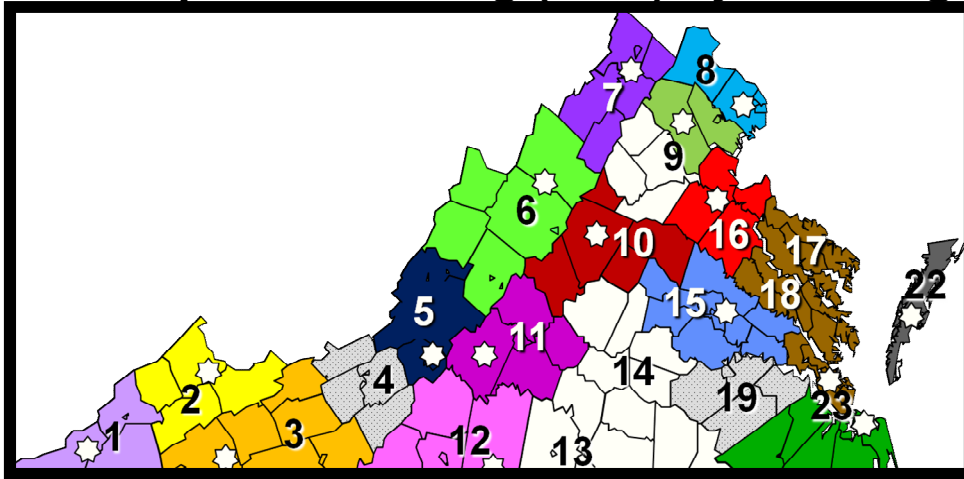
Annual Report
October 1, 2005 - September 30, 2006



Vision Statement

**Citizens with disabilities will have
a community based, consumer-directed
service delivery system**

2 Centers for Independent Living (CILs) by Planning District

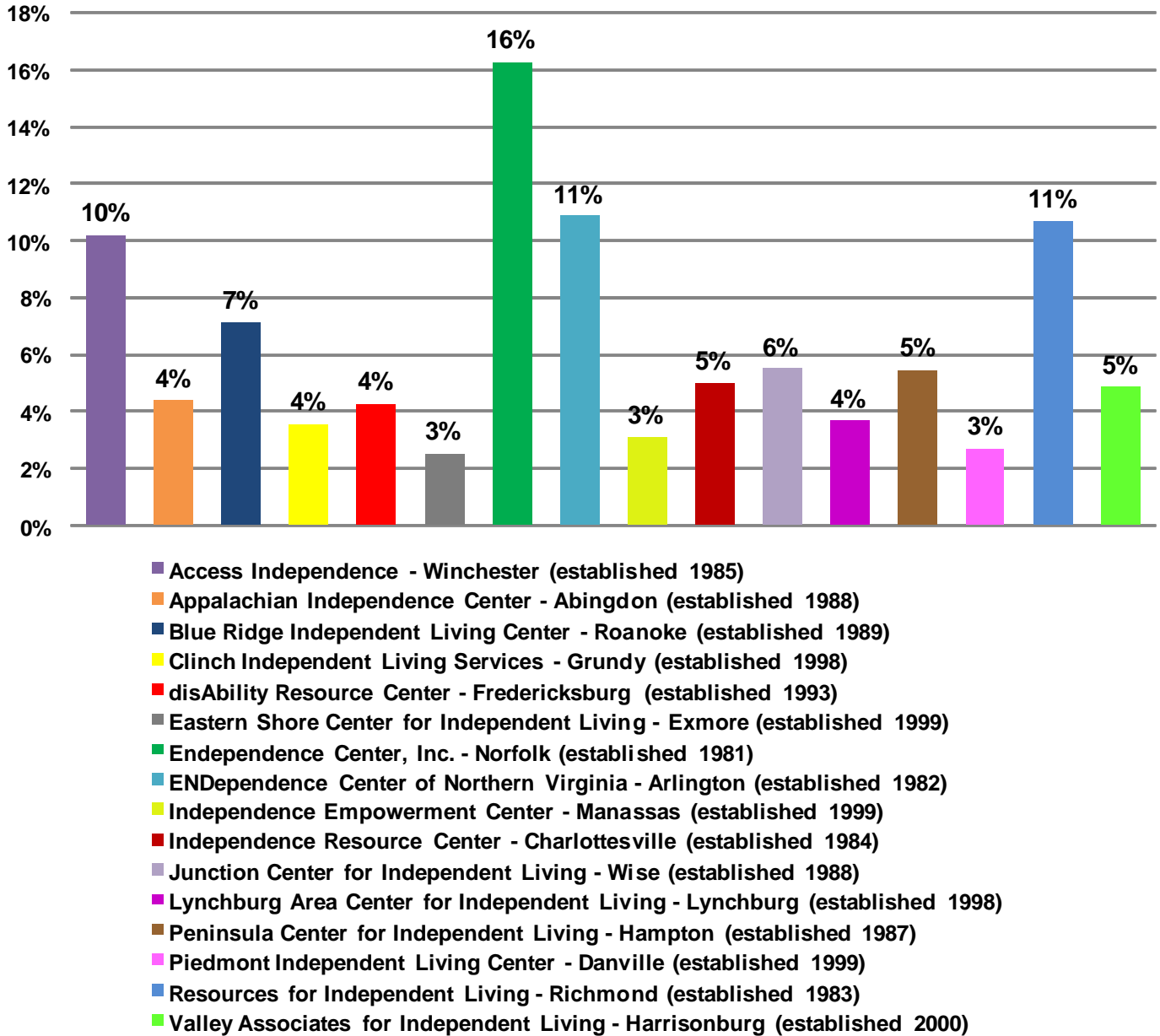


* Areas in white are unserved. Areas that are light grey with dots are served by Satellite offices.

<p>PD1 Junction Center for Independent Living City of: Norton Counties of: Lee, Scott and Wise</p>	<p>PD10 Independence Resource Center City of: Charlottesville Counties of: Albemarle, Fluvanna, Greene, Louisa and Nelson</p>
<p>PD2 Clinch Independent Living Services Counties of: Buchanan, Dickenson, Russell and Tazewell</p>	<p>PD11 Lynchburg Area Center for Independent Living Cities of: Bedford and Lynchburg Counties of: Amherst, Appomattox, Bedford and Campbell</p>
<p>PD3 Appalachian Independence Center Cities of: Bristol and Galax Counties of: Bland, Carroll, Grayson, Smyth, Washington and Wythe</p>	<p>PD12 Piedmont Independent Living Center Cities of: Danville and Martinsville Counties of: Franklin, Henry, Patrick and Pittsylvania</p>
<p>PD4 New River Satellite City of: Radford Counties of: Floyd, Giles, Montgomery & Pulaski</p>	<p>PD15 Resources for Independent Living City of: Richmond Counties of: Charles City, Chesterfield, Goochland, Hanover, Henrico, New Kent and Powhatan</p>
<p>PD5 Blue Ridge Independent Living Center Cities of: Covington, Roanoke and Salem Counties of: Alleghany, Botetourt, Craig and Roanoke</p>	<p>PD16 disAbility Resource Center City of: Fredericksburg Counties of: Caroline, King George, Spotsylvania, and Stafford</p>
<p>PD6 Valley Associates for Independent Living Cities of: Buena Vista, Harrisonburg, Lexington, Staunton and Waynesboro Counties of: Augusta, Bath, Highland, Rockbridge and Rockingham</p>	<p>PD17, PD18 and PD23-upper Peninsula Center for Independent Living Cities of: Hampton, Newport News, Poquoson and Williamsburg Counties of: Essex, Gloucester, James City, King and Queen, Lancaster, Matthews, Middlesex, Northumberland, Richmond, Westmoreland and York</p>
<p>PD7 Access Independence City of: Winchester Counties of: Clarke, Frederick, Page, Shenandoah and Warren</p>	<p>PD19 Crater District-Satellite Program Cities of: Colonial Heights, Hopewell and Petersburg Counties of: Dinwiddie, Prince George, Surry and Sussex</p>
<p>PD8-upper Endependence Center of Northern VA Cities of: Alexandria, Fairfax and Falls Church Counties of Arlington, Fairfax and Loudoun</p>	<p>PD22 Eastern Shore Center for Independent Living Counties of: Accomack and Northampton</p>
<p>PD8-lower and PD9-upper Independence Empowerment Center Cities of: Manassas and Manassas Park Counties of Fauquier and Prince William</p>	<p>PD23-lower Endependence Center, Inc. Cities of: Chesapeake, Franklin, Norfolk, Portsmouth, Suffolk and Virginia Beach Counties of: Isle of Wight and Southampton</p>

Net Operating Resources for Virginia CILs

\$10,175,556

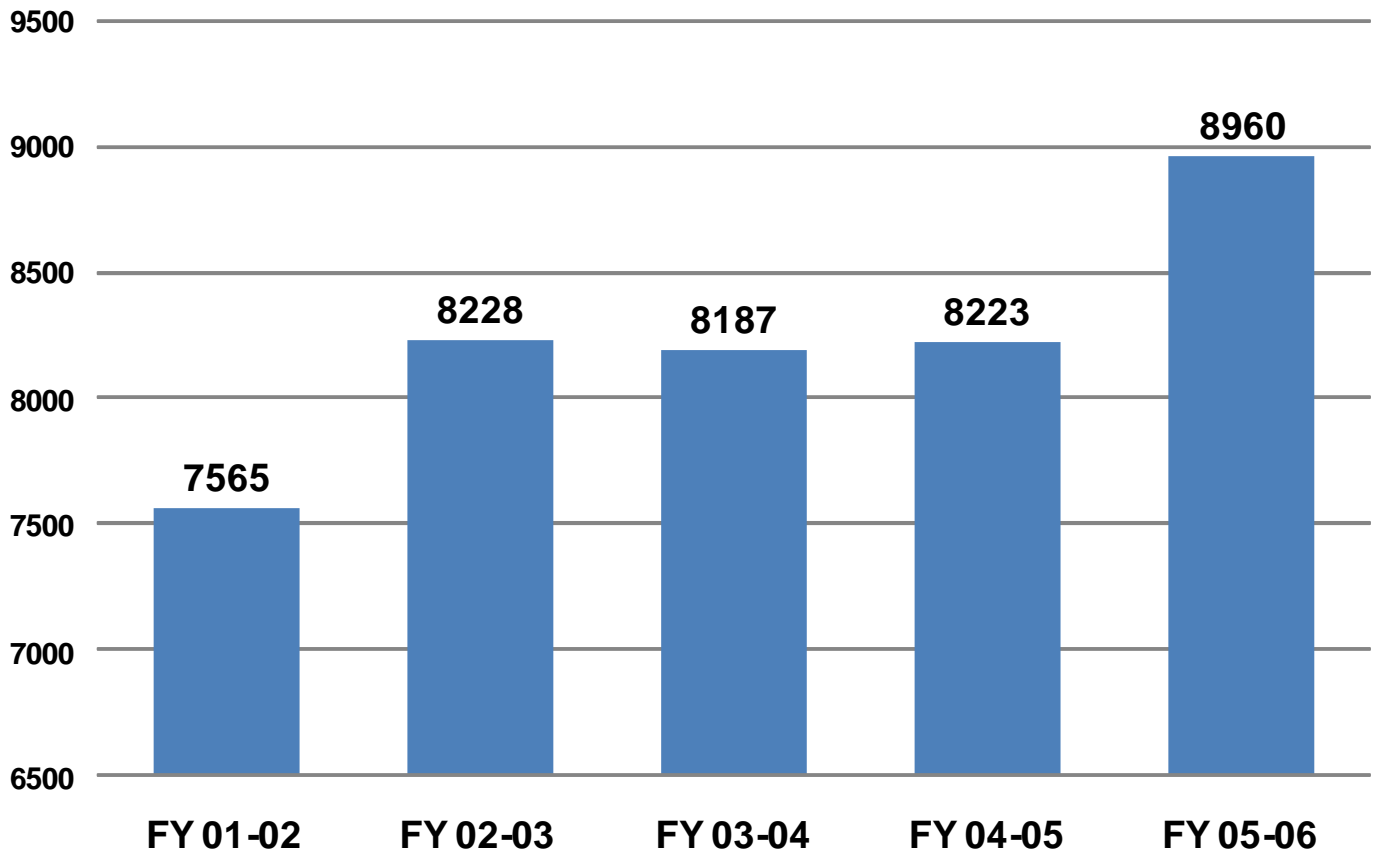


Centers for Independent Living provide direct services to people with disabilities as well as services/advocacy to the community. Approximately 58% of the Centers for Independent Living operating resources are used for direct services and 42% are used for services/advocacy to the community. Each Center for Independent Living utilizes its operating resources in a way that meets the needs of the local disability community.

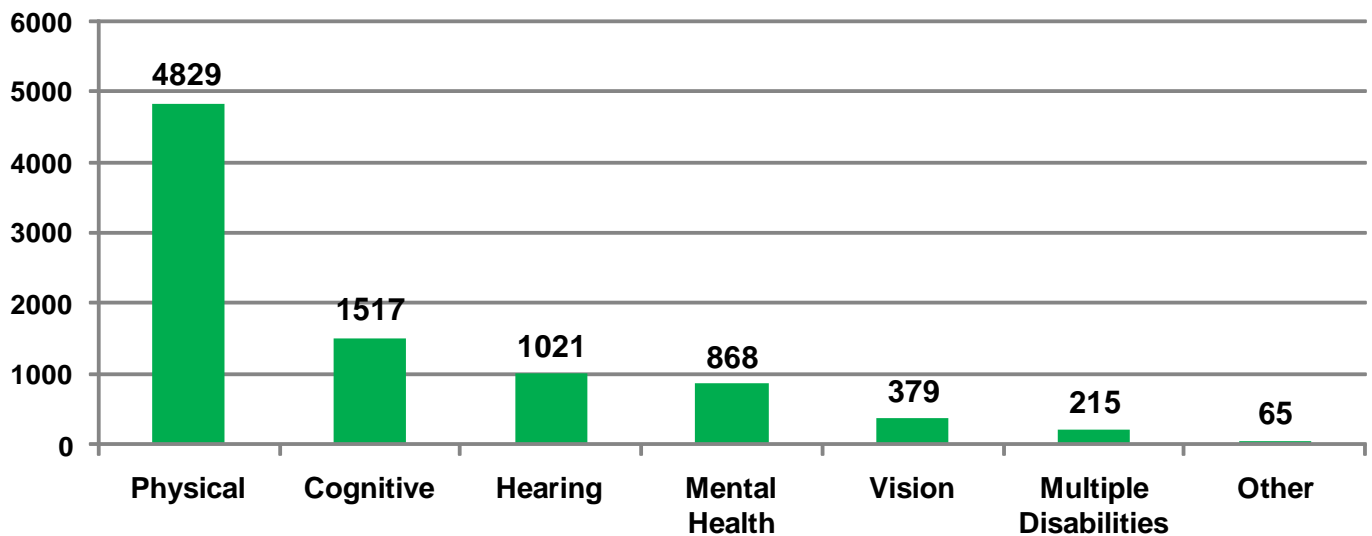
A cost comparison of services provided to individuals clearly demonstrates that Centers for Independent Living serve individuals at a much lower cost per person than other Human Service organizations.

The Operating Resources for each Center for Independent Living varies based on the needs and opportunities for funding in their catchment area. The wide range of funding resources includes Federal funding through the Rehabilitation Services Administration (RSA), State funding from general funds, local government funding, grants, contracts and other fund raising activities.

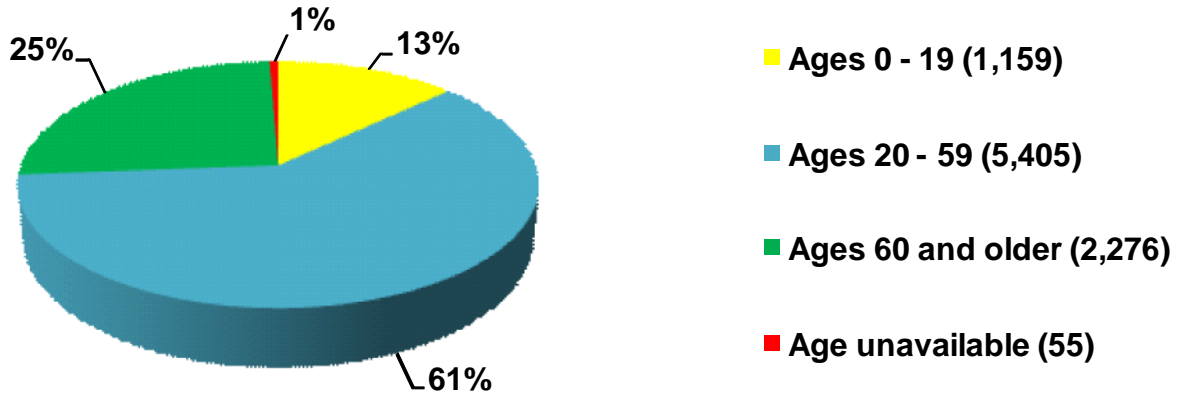
Comparison of Number of People with Disabilities Receiving Direct Services During the Past Five Years



People with Disabilities by Disability



Age

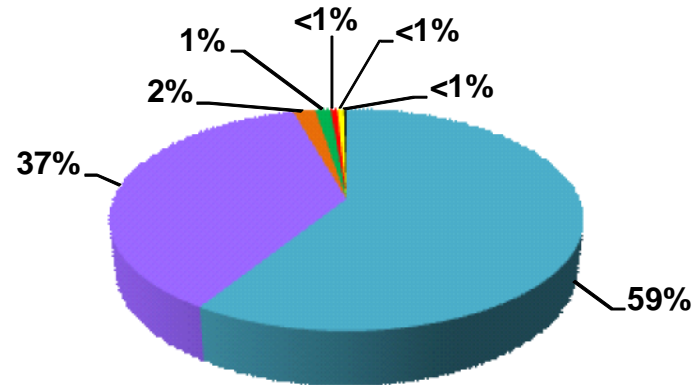


Gender

■ Number of Females Served (4,987) ■ Number of Males Served (3,910)

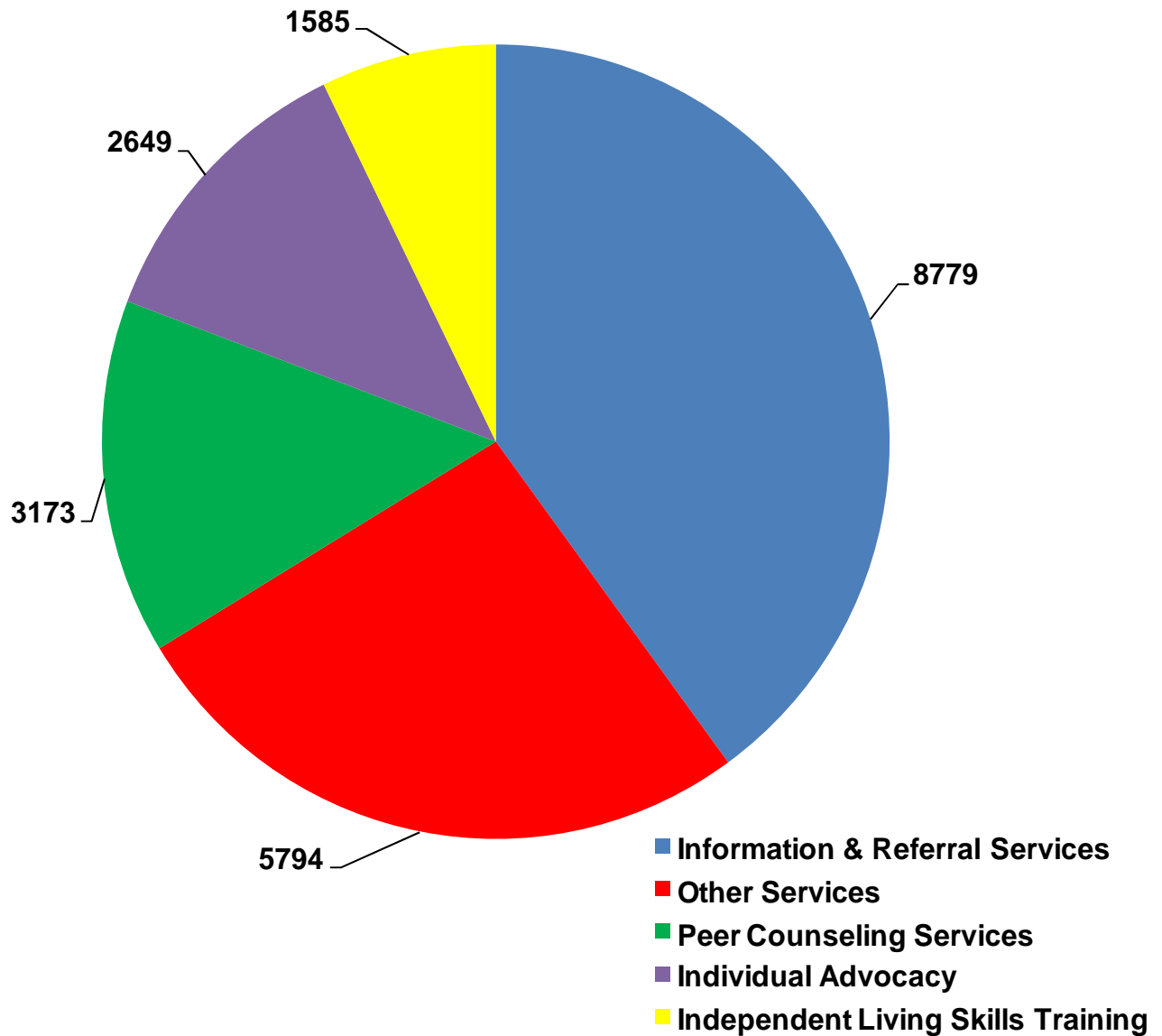


Race



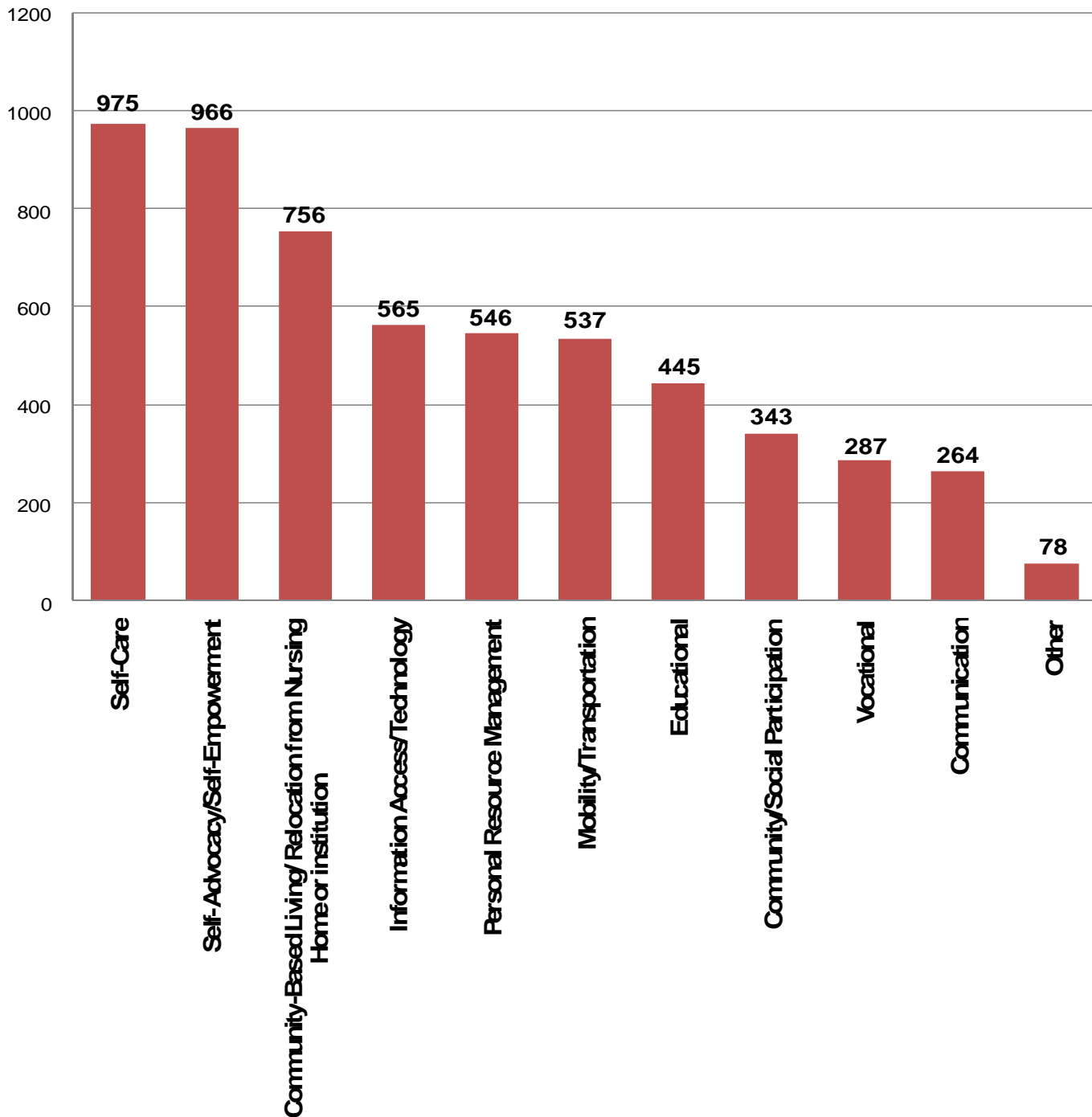
- Caucasian (5,267)
- African American (3,287)
- Hispanic or Latino (164)
- Asian (112)
- Other/Unknown (50)
- American Indian or Alaska Native (48)
- Native Hawaiian or Other Pacific Islander (18)

6 Direct Service Hours Received By People with Disabilities



- **Information and Referral Services** – Identify all individuals who requested this type of assistance. This is the only service (other than services to family members) that may be provided to all individuals, whether or not the individual has a disability.
- **Other Services** - Includes Housing & Home Modifications, Transportation, Personal Assistance Services, Recreational Services, Assistive Technology, Vocational, Youth/Transition Services, Children’s Services, Communication, Counseling and Related, Family Services, Mental Restoration, Mobility Training, Physical Restoration, Preventive Services, Prostheses, Orthotics and Other Appliances, Rehabilitation Technology, Therapeutic Treatment, and Other services not listed above.
- **Peer Counseling Services** – Counseling, teaching, information sharing, and similar kinds of contact provided to consumers by other people with disabilities.
- **Individual Advocacy** - Assistance and/or representation in obtaining access to benefits, services, and programs to which a consumer may be entitled.
- **Independent Living Skills Training** – These may include instruction to develop independent living skills in areas such as personal care, coping, financial management, social skills, and household management. This may also include education and training necessary for living in the community and participating in community activities.

Goals Achieved by People with Disabilities



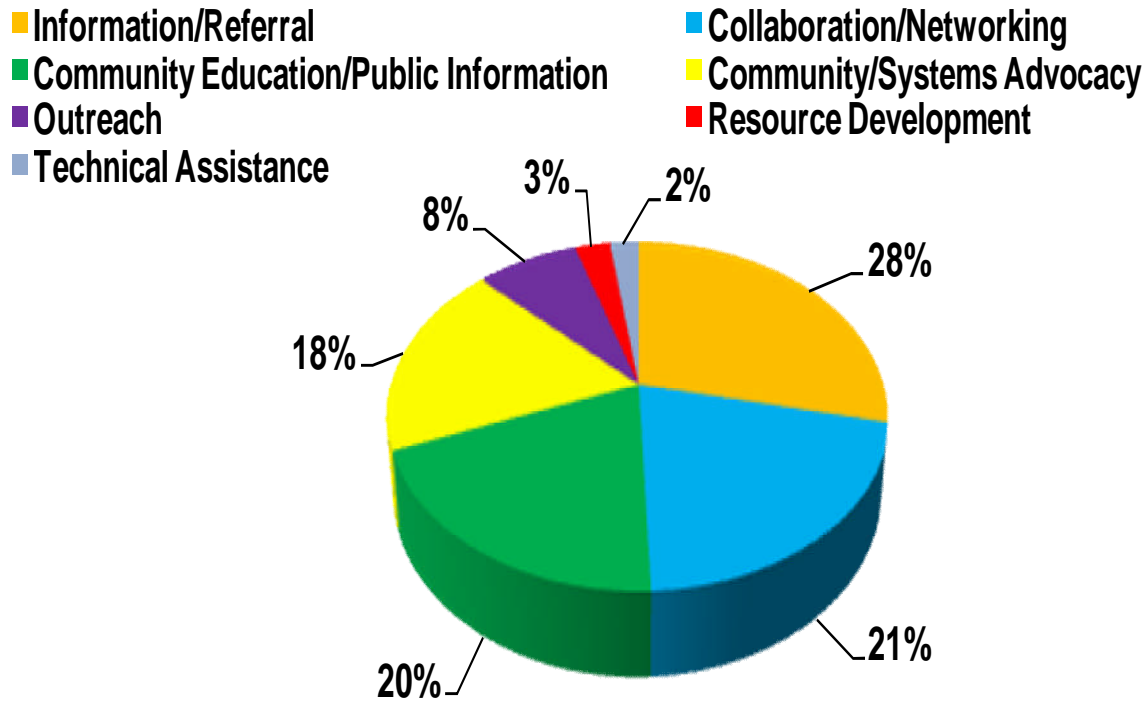
Independent Living goals are established by the individual being served. Center for Independent Living staff members work closely with the participant to develop action steps and guidelines to meet their goals. The goals may be long-term such as educational, vocational, relocating from a nursing home, or obtaining independent transportation. The goals may also be short-term such as obtaining Independent Living Skills Training, obtaining adaptive equipment or building self-esteem.

The eleven goal areas above represent the areas of life that Center for Independent Living staff members explore with the individual to assist them in making decisions about all areas of their life.

Goal Definitions

- **Self-Care** – Goals to improve/maintain a consumer’s autonomy with respect to activities of daily living such as personal grooming and hygiene, meal preparation and nutrition, shopping, eating, and other aspects of personal health and safety.
- **Self-Advocacy/Self-Empowerment** – Goals involving improvement in a consumer’s ability to represent himself/herself with public and/or private entities, the ability to make key decisions involving himself/herself, or the ability to organize and manage his/her own activities to achieve desired objectives.
- **Community-Based Living/Relocation from Nursing Home or Institution** – Goals that provide for a change in living situations with increased autonomy for the consumer. This may involve a consumer’s goals related to obtaining/modifying an apartment or house. Community-based living arrangements may include apartments, privately owned housing, self-directed assisted living, or self-directed living with family/friends. Includes goals related to relocation from nursing homes or other institutions to community-based living arrangements.
- **Information Access/Technology** – Goals related to a consumer obtaining and/or using information necessary for the consumer’s independence and community integration. These may include use of a computer or other assistive technology, devices, or equipment, as well as developing information technology skills, such as using computer screen-reading software.
- **Personal Resource Management** – Goals related to a consumer learning to establish and maintain a personal/family budget, managing a checkbook, and/or obtaining knowledge of available direct and indirect resources related to income, housing, food, medical, and/or other benefits.
- **Mobility/Transportation** – Goals to improve a consumer’s access to her/his life space, environment, and community. This may occur by improving the consumer’s ability to move, travel, transport himself/herself, or use public transportation.
- **Educational** – Academic or training goals that are expected to improve the consumer’s knowledge or ability to perform certain skills that would expand his/her independence, productivity or income-generating potential.
- **Community/Social Participation** – Goals related to full participation in the mainstream of American society, including the ability to participate in community events such as community fairs and government functions, attend worship services and access recreational activities and facilities.
- **Vocational** – Goals related to obtaining, maintaining, or advancing in employment.
- **Communication** – Goals involving either improvement in a consumer’s ability to understand communication by others (receptive skills), and/or improvement in a consumer’s ability to share communication with others (expressive skills).
- **Other** – Independent Living goals not included in the other categories.

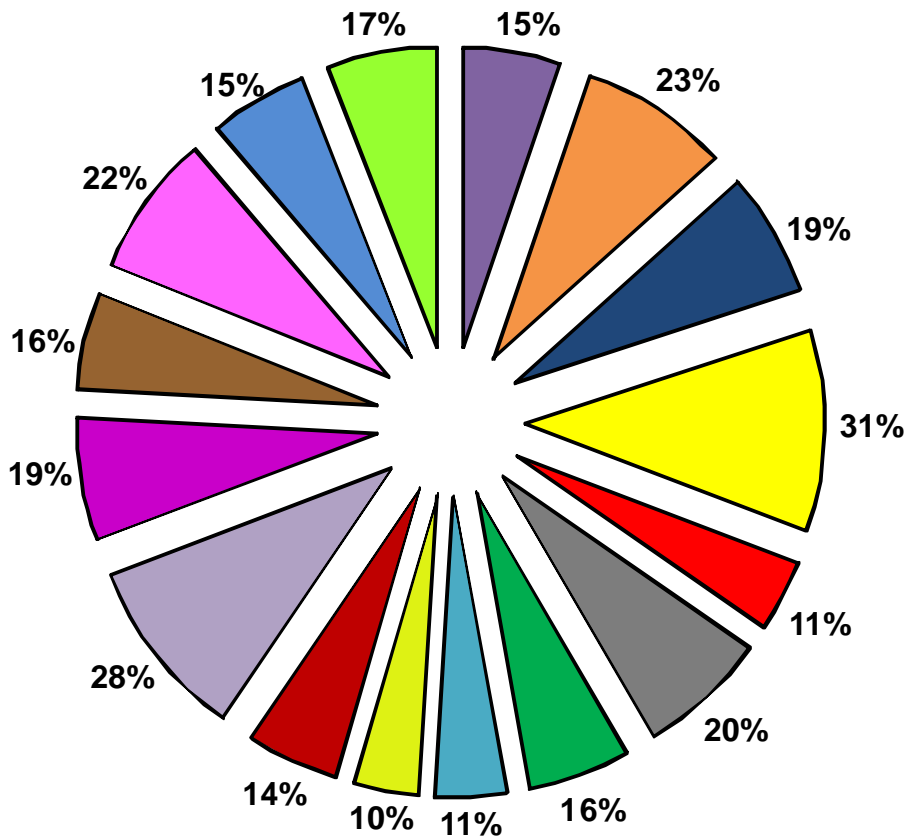
Community and Advocacy Services



Definitions of Community Services

- **Information and Referral** - provision of information and/or referral related to disability related topics and other information requested.
- **Collaboration/Networking** - activities related to building coalitions or collaborative partnerships designed to expand the participation of individuals with significant disabilities in services, programs, activities, resources and facilities.
- **Community Education and Public Information** - activities and information programs to enhance the community's awareness of disabilities and disability issues. Includes the creation and distribution of publications and databases/directories for personal assistants, recreation opportunities, accessible transportation, accessible housing, and other available services.
- **Community & Systems Advocacy** - includes efforts to implement local and state policy changes to make facilities, services, and opportunities available and accessible to individuals with disabilities.
- **Outreach Efforts** - entails the location of, and encouragement to use services for unserved/underserved populations, including minority groups and urban and rural populations.
- **Resource Development** - activities related to increasing the funding base of the CIL.
- **Technical Assistance** - assistance to the community on making services, programs, activities, resources, and facilities in society accessible to individuals with significant disabilities.

Percent of Population that Have a Disability Within the CIL Geographic Area (2005 Census)



	Total Population	Number of People with Disabilities	Percentage of People with Disabilities
■ Access Independence - Winchester	207,018	32,068	15%
■ Appalachian Independence Center - Abingdon	189,904	43,866	23%
■ Blue Ridge Independent Living Center - Roanoke	265,558	50,377	19%
■ Clinch Independent Living Services - Grundy	114,742	35,320	31%
■ disAbility Resource Center - Fredericksburg	301,335	34,400	11%
■ Eastern Shore Center for Independent Living - Exmore	52,972	10,751	20%
■ Endependence Center - Norfolk	1,128,096	178,665	16%
■ ENDependence Center of Northern Virginia - Arlington	1,626,093	173,105	11%
■ Independence Empowerment Center - Manassas	426,776	44,678	10%
■ Independence Resource Center - Charlottesville	218,444	29,580	14%
■ Junction Center for Independent Living - Wise	92,322	25,668	28%
■ Lynchburg Area Center for Independent Living - Lynchburg	236,910	45,059	19%
■ Peninsula Center for Independent Living - Hampton	594,926	93,750	16%
■ Piedmont Independent Living Center - Danville	248,977	55,718	22%
■ Resources for Independent Living - Richmond	929,844	135,187	15%
■ Valley Associates for Independent Living - Harrisonburg	267,887	44,994	17%

“Nothing about us without us.”

By: James I. Charlton, Author



Virginia Centers for Independent Living at the Capitol 01/25/2006

Census data for 2006 showed that there are 5,989 individuals with disabilities in Virginia who are residing in institutions and who deserve to have the choice to live in their community.

VACIL Purpose

VACIL is a statewide association of Centers for Independent Living (CILs) that advocates for the integration and inclusion of people with disabilities into all aspects of society. The association also promotes the professional development, improvement, and expansion of community-based, consumer-controlled CILs, and promotes community education throughout the Commonwealth of Virginia.

**Virginia Association of Centers for Independent Living
c/o Blue Ridge Independent Living Center
1502B Williamson Road, NE
Roanoke, VA 24012
Phone: (540) 342-1231 Voice/TTY
Website: www.vacil.org
E-Mail: info@vacil.org**

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<p>Access Independence Donald Price, Executive Director 403B South Loudoun St Winchester, VA 22601 Phone: (540) 662-4452 TTY: (540) 722-9693 askai@accessindependence.org</p>	<p>Independence Empowerment Center Mary Lopez, Executive Director 9001 Digges Rd, Suite 103 Manassas, VA 20110 Phone: (703) 257-5400 TTY: (703) 257-5400 info@ieccil.org</p>
<p>Appalachian Independence Center Greg Morrell, Executive Director 230 Charwood Dr Abingdon, VA 24210 Phone: (276) 628-2979 TTY: (276) 676-0920 gmorrell@naxs.net</p>	<p>Independence Resource Center Tom Vandever, Executive Director 815 Cherry Ave Charlottesville, VA 22903 Phone: (434) 971-9629 TTY: (434) 971-9629 tvandever@ntelos.net</p>
<p>Blue Ridge Independent Living Karen Michalski-Karney, Executive Director 1502B Williamson Rd. NE Roanoke, VA 24012 Phone: (540) 342-1231 TTY: (540) 342-1231 brilc@brilc.org</p>	<p>Junction Center for Independent Living E. Dennis Horton, Executive Director PO Box 1210 Norton, VA 24273 Phone: (276) 679-5988 or 5989 TTY: (276) 679-5988 or 5989 jcil1@junctioncenter.org</p>
<p>Clinch Independent Living Services Betty Bevins, Executive Director 1139C Plaza Drive Grundy, VA 24614 Phone: (276) 935-6088 TTY: (276) 935-0780 cils@vzavenue.net</p>	<p>Lynchburg Area Center for Independent Living Phil Theisen, Executive Director 500 Alleghany Ave, Suite 520 Lynchburg, VA 24501 Phone: (434) 528-4971 TTY: (434) 528-4972 phil@lacil.org</p>
<p>disAbility Resource Center Debe Fults, Executive Director 409 Progress St Fredericksburg, VA 22401 Phone: (540) 373-2559 TTY: (540) 373-5890 drc@cildrc.org</p>	<p>Peninsula Center for Independent Living Insight Enterprises, Inc. Ralph Shelman, Executive Director 2021-A Cunningham Dr, Suite 2 Hampton, VA 23666 Phone: (757) 827-0275 TTY: (757) 827-8800 iepcil@iepcil.org</p>
<p>Eastern Shore Center for Independent Living Althea Pittman, Executive Director 4364 Lankford Hwy, Suites A & B Exmore, VA 23350 Phone: (757) 414-0100 TTY: (757) 414-0080 alheapittman@yahoo.com</p>	<p>Piedmont Independent Living Center Clarence Dickerson, Executive Director 1045 Main St. Suite 2 Danville, VA 24541 Phone: (434) 797-2530 picl@gamewood.net</p>
<p>Endependence Center, Inc. Stephen Johnson, Executive Director 6300 E Virginia Beach Blvd Norfolk, VA 23502 Phone: (757) 461-8007 TTY: (757) 461-7527 ecinorf@endependence.org</p>	<p>Resources for Independent Living Sandra Wagener, Executive Director 4009 Fitzhugh Ave Richmond, VA 23230 Phone: (804) 353-6503 TTY: (804) 353-6583 woodsonf@cavtel.net</p>
<p>Endependence Center of Northern VA David Burds, Executive Director 3100 Clarendon Blvd Arlington, VA 22201 Phone: (703) 525-3268 TTY: (703) 525-3553 info@ecnv.org</p>	<p>Valley Associates for Independent Living Marcia DuBois, Executive Director 205-B South Liberty St Harrisonburg, VA 22801 Phone: (540) 433-6513 TTY: (540) 438-9265 vail@govail.org</p>