

MONTGOMERY COUNTY, MD - DISABILITY NETWORK DIRECTORY

Independent Living Skills

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This is a project of the Montgomery County Commission on People with Disabilities. To submit an update, add or remove a listing, or request an alternative format, please contact: DHHSWebsite@montgomerycountymd.gov, 240-777-1246 (V), MD Relay 711.

Abilities Network

Headquarters

8503 LaSalle Road
Towson, MD 21286
410-828-7700 (V)
1-800-492-2523 (Toll Free)

Montgomery and Prince George's Counties

1738 Elton Road, Suite 205
Silver Spring, MD 20903
301-431-7740 (V)

www.abilitiesnetwork.org

Independent Living Services are customized in order to address personal strengths, needs, preferences and desires. Promote independence in problem solving, social interactions, use of community-based resources, and motivation to achieve identified goals. Goals individuals can work on include: housing location/resources; meal preparation assistance; household chores training; assistance to access medical care; transportation training; safety/emergency preparedness; budgeting/finances; making choices for healthy living; and building social skills. Public funding for Community Supported Living Arrangement (CSLA) and Individualized Support Services (ISS) is available through the State of Maryland's Developmental Disabilities Administration (DDA) and Low Intensity Support Services (LISS). Services are also available to those who choose to pay privately. **Community and Employment**

Partners supports individuals that are interested in living independently to gain the life skills essential for finding and maintaining a job that fits their individuals needs and skills, maintaining a home, a budget, health and happiness. Trained case workers and case managers work one-on-one with individuals in both the community in which they live and work. **Adult Life Planning** provides technical assistance and support for young adults on the autism spectrum, and their families, to develop an individualized plan, with specific interventions, to prepare for the transition from school based services to the adult service delivery system.

Columbia Lighthouse for the Blind

240-737-5100 (Rehabilitation Services)

E-mail: info@clb.org

www.clb.org/programs-services/rehabilitation-services

Rehabilitation and mobility instructors lead you through hands-on practice in successfully facing daily challenges including managing household chores, traveling in the community and managing personal finances. Program promotes the development of skills to foster independent living and provides you with the skills and confidence to maintain daily activities while remaining at home – decreasing dependence on others. Also offer Braille instruction courses to teach literacy skills useful for labeling your belongings to reading books and magazines.

Division of Rehabilitation Services – Office for Blindness and Vision Services - Maryland State Department of Education

301-777-2119 (V)

1-866-614-4780 (Toll Free)

E-mail: obvs.dors@maryland.gov

<http://dors.maryland.gov/consumers/specialized/OBVS/Pages/OBV-ILOB.aspx>

Independent Living Older Blind Program helps individuals who are 55 or older who are blind or have a vision impairment to live independently in their homes and communities. Services may include training in how to manage personal care and household tasks, labeling and organizing personal care items, clothing, appliances, and medications, safe cooking techniques, orientation and mobility training, Braille instruction, and referral to community peer support groups and other services. DORS rehabilitation teachers will come to your home to provide assessment and training. The program reaches out to individuals in all areas of the state, including those living in rural counties. Rehabilitation teachers work as a team with ophthalmologists, low vision specialists and community partners to provide personalized service.

Independence Now, Inc.

12301 Old Columbia Pike, Suite 101
Silver Spring, MD 20904
301-277-2839 (V)
E-mail: info@innow.org
<http://innow.org/il-overview.html>

Independent Living Specialists facilitate one-on-one and group skills trainings in an array of areas to promote independence, such as community-based living, decision making and time management, local, national and legislative laws, transportation and employment, budgeting, cooking and kitchen safety, and other areas according to individualized needs.

Jewish Foundation for Group Homes

1500 East Jefferson Street
Rockville, MD 20852
240-283-6031 (V)
E-mail: info@jfggh.org

www.jfggh.org/services/services

Meaningful Opportunities for Successful Transitions (MOST™) is a one year individualized program of activities and training designed to facilitate successful transition into the adult community. The program serves as a portal for individuals and their families, through which they are introduced and integrated into a broad range of community resources. Focuses on facilitating outcomes for participants in three domains: self-sufficiency including self-help, independent living, and safety skills; community including social skills, transportation, and recreation; and vocation including employment, education, vocational training, and day habilitation.

JSSA (Jewish Social Services Agency)

Life Skills Training

200 Wood Hill Road
Rockville, MD 20850
301-816-2633 (V)
www.jssa.org/get-help/individuals-with-special-needs/life-skills-training/

Life skills training program helps individuals with developmental or physical disabilities become more independent. Case managers, vocational rehabilitation counselors and clinical social workers provide training and practice in a variety of life skills targeted towards increasing self-sufficiency in every day life. Skills are taught in the office, home and community settings to allow for effective real-world learning experiences. JSSA offers training in the following areas: managing income and expense, managing time, using schedules and calendars, organizing and completing paperwork, mail and email, managing living space and completing household tasks, planning and shopping for meals, accessing specialized transportation resources, and communicating with others and advocating for oneself.

Maryland Statewide Independent Living Council (MSILC)

Denise Thomas, Executive Director
199 E. Montgomery Avenue, Suite 100
Rockville, MD 20850
240-599-7966 (V)
E-mail: marylandsilc@gmail.com
www.msilc.org

The Maryland Statewide Independent Living Council (MSILC) is a governor-appointed advisory council that promotes independent living across the state of Maryland. The MSILC is composed of people with disabilities, parents of disabled individuals, representatives of advocacy groups and service providers from public and private agencies. Advisory, planning and advocacy group that promotes independent living services across the state of Maryland. Information and referral, skills training, peer counseling, and individual and systems counseling.

National Council on Independent Living (NCIL)

2013 H Street, NW, 6th Floor
Washington, D.C. 20006
202-207-0334 (V)
1-877-525-3400 (Toll Free)
E-mail: ncil@ncil.org
www.ncil.org

Longest-running national cross-disability, grassroots organization run by and for people with disabilities. Advances independent living and the rights of people with disabilities through consumer-driven advocacy. Promotes a national advocacy agenda set by its membership and provides input and testimony on national disability policy.

TLC's Outcomes Services

2092 Gaither Road, Suite 100
Rockville, MD 20850
301-294-9205 (V)
301-424-5203 (TTY)
E-mail: stice@ttlc.org
http://ttlc.org/outcomes_service/about-us/

Serve a diverse group of transitioning youth and adults with disabilities including developmental disabilities, autism, brain injury and other neurological conditions. Outcomes job placement specialists work with over 50 employers annually to help find jobs for their consumers. Funding for services is received through the Maryland Developmental Disabilities Administration (DDA), Maryland Division of Rehabilitation Services (DORS), and various private sources. Partnerships with a variety of community organizations assist in providing comprehensive services.