

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)

Prince George's / Montgomery Counties

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

www.abilitiesnetwork.org

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

202-454-6400 (V)
E-mail: info@clb.org

www.clb.org

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

Independent living skills specialists offer individualized training in home management, daily living skills and mobility in your home and community. 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.

Division of Rehabilitation 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.

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@jfgh.org
www.jfgh.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/service/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

Denise Thomas, Executive Director
240-599-7966 (V)
199 E. Montgomery Avenue, Suite 100
Rockville, MD 20850

E-mail: marylandsilc@gmail.com
www.msilc.org

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)
202-207-0340 (TTY)
1-877-525-3400 (Toll Free)

E-mail: ncil@ncil.org
www.ncil.org

Membership organization that advances independent living and the rights of people with disabilities through consumer-driven advocacy.

TLC's Outcomes Services

2092 Gaither Road, Suite 100
Rockville, MD 20850
301-294-9205 (V)
301-424-5203 (TTY)

E-mail: nheyne@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.