

## Services at MWCIL ([www.mwcil.org/services](http://www.mwcil.org/services))

Our staff works individually with consumers. Services are free to consumers who live in the 26 town service area (\*) and have disabilities. (I and R services are for anyone).

### Information and Referral (*Available to anyone*)

In addition to our online resources, consumers work with staff to find answers and referrals regarding available community resources. We provide information about disability-related issues, specific situations, and independent living resources.

### Peer Support

One on One peer mentoring helps people with disabilities develop mutual support, assistance, confidence and understanding. Mentoring can be provided on the phone, at MWCIL or at a consumer's home. Consumers develop independent living strategies with their Peer Counselor.

### Advocacy

In addition to Community and Systemic Advocacy, MWCIL provides self-advocacy education to consumers. Consumers are encouraged to take direct roles in advocating for their own issues as well as the issues of others. MWCIL supports an individual's rights in their community by filing complaints and taking action as needed to remove illegal barriers or obtain services.

### Independent Living Skills Training

Skills Training is customized to achieve each consumer's goals. Skills may relate to personal growth, or how to handle services and responsibilities. Independent Living Skills Training may include: navigating MassHealth, navigating housing, budgeting and personal resource management, travel training, social and communication skills and more.

### Options Counseling

Options Counseling is a short term service, typically for crisis situations when a consumer is considering a nursing home. This program enables individuals to make informed choices about settings and services, to understand the resources available to pay for supports and services, to be referred to appropriate experts, and to obtain assistance in connecting with appropriate resources.

### Transition to Adulthood Program

TAP is specialized to work with young adults with disabilities who will be transitioning out of high school. Our mission is to work directly with young adults, help them determine their goals and find pathways to achieving these goals.

#### (\*) MWCIL Service Area:

Ashland, Bellingham, Dover, Foxboro, Framingham, Franklin, Holliston, Hopkinton, Hudson, Marlboro, Maynard, Medfield, Medway, Millis, Natick, Needham, Norfolk, Plainville, Sherborn, Southboro, Stow, Sudbury, Wayland, Wellesley, Weston and Wrentham.