

# Independent Living Services

## Life Skills



## Employment

## Independence

For over 30 years, E&CO has been helping adults with developmental disabilities find work and gain independence. We do this by matching them with employers who value dependable, reliable workers.

We assist individuals with developmental disabilities including, but not limited to: autism, cerebral palsy, Down syndrome, dual diagnoses, hearing impairments, learning disabilities, Intellectual disabilities and severe behavioral disorders.

E&CO provides services throughout the State of California in San Diego, San Bernardino, Santa Clara, Santa Cruz and Riverside Counties and in Austin, Texas.

## Fostering Independence

E&CO offers Independent Living Services (ILS), a special skills program designed to foster successful independence for individuals with developmental disabilities who are interested in learning how to live more independently in the community.

The ILS Program helps individuals learn **Essential Life Skills** such as:

- Nutrition, Cooking and Meal Preparation
- Healthy Living, Health Care, Diabetes Awareness
- Self-Advocacy, Assertiveness Training and Self Esteem
- Relationships and Sexuality
- Household Management and Upkeep
- Budgeting, Banking and Money Management
- Shopping
- Basic Computer Knowledge
- Community Safety
- Public Transportation



WE BELIEVE ALL PEOPLE ARE HEALTHIER WITH PURPOSE IN THEIR LIVES.

## Getting Started

To learn more about participating in an Employment & Community Options Independent Living Services Program, please contact a program manager for your County.

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## Housing Assistance

ILS Program services include help in researching, locating and securing suitable community-based housing, including the key steps involved in moving into a new home.

- Completing rental/leasing applications
- Security deposits and rental agreements
- Moving into and furnishing the home
- Section 8 housing
- Home safety and household budgeting

## ILS Parenting Program

This program supports individuals who are expecting a child or are already parents. It provides assistance in all areas of prenatal healthcare, planning for birth, as well as parenting skills:

- Maintaining medical appointments for mother and child
- Hygiene and cleanliness
- Home safety
- Proper nutrition
- Stages of child development and appropriate ways of disciplining
- Assistance with household budgeting



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