

MISSION STATEMENT

Assist people with disabilities to achieve the highest potential and benefit of independent living by providing them, those who support them, and the community with information, education and resources.

Community Outreach

Staff from the disAbility Resource Center participate in community organizations and meetings to provide awareness of and advocacy for disability issues and to keep up-to-date on issues that affect people with disabilities. Staff also attends vendor fair events and trainings to provide and obtain information to help the people they serve. dRC staff present trainings throughout the year on various topics of need and interest.

Meetings, Workshops, and Support Groups

Visit www.cildrc.org for a complete listing of events and follow the dRC on Facebook, Twitter, Instagram, and YouTube.



CENTERS FOR INDEPENDENT LIVING

What?

The dRC is a non-profit Center for Independent Living that provides service and advocacy promoting independence, empowerment and productivity of people with disabilities. CILs work with both individuals and communities to remove barriers to independence and promote equality of persons with disabilities.

Who?

Unlike other organizations that assist people with disabilities, the dRC is made up of the people it serves. A majority of the staff and Board of Directors are people with disabilities and family members of people with disabilities.

Why?

At the heart of the dRC's philosophy and operation is the fundamental belief that people with disabilities have the right of choice in their life and the right of full participation in all aspects of the community.

We welcome **DONATIONS** to support the work of the dRC. Donations can be made at cildrc.networkforgood.com or by mail. Donations can also be made when shopping online by going to Smile.Amazon.com and GoodSearch.com and selecting the dRC as your charity or through one of the following campaigns:

Combined Federal Campaign (CFC) #76880
Combined VA Campaign (CVC) #7942
Local Government Campaign (LGC) #6450

disAbility Resource Center



409 Progress Street
Fredericksburg, VA 22401

Voice: (540) 373-2559
CaptionCall: (540) 373-5890
Video Phone: (540) 645- 5378
Voice or Relay: (800) 648-6324
Fax: 540-373-8126

www.cildrc.org, drc@cildrc.org

CORE SERVICES

Independent Living Skills Training

- Assist people with disabilities to define their individual independent living goals and develop a plan to successfully meet those goals.
- Teach people with disabilities basic skills needed to achieve, maintain or increase independence.

Peer Mentoring

- People with disabilities assisting people with disabilities to pursue their goals and recognize their own abilities.
- Provide family support to build and sustain positive and healthy relationships.

Advocacy

- Assist people with disabilities to understand their responsibilities and rights in regards to housing, employment, education, and community access.
- Facilitate the dRC's Advocacy Group which works to provide awareness of current issues and acts to create positive change in disability policy and legislation at the local, state, and federal level.

Information & Referral

- Provide information and resources to the community on disability related topics from the local, state and national levels.
- Provide workshops and trainings for people with disabilities, their families and the community.

CORE SERVICES

Transition Services

- Assist people with disabilities to transition from nursing homes and institutional settings back to their homes and community.
- Provide information and training to youth and their families about transition from high school to adult life.
- Sponsors transition, independent living skills group for those ages 16 - 25.

ADDITIONAL SERVICES

Deaf and Hard of Hearing Outreach

Provide resources and information for people that are deaf or hard of hearing and facilitate the Giving Back Sound hearing aid re-use program. Sponsors the Hearing Loss Association of America, Fredericksburg Group.

Health, Wellness & Personal Growth

- Weekly exercise and nutrition classes for people with disabilities, their caregivers, and family members.
- Provide wellness workshops throughout the year on different topics.

ADDITIONAL SERVICES

Adult Independent Living Groups

Social and independent living skills groups where skills are taught, information is shared, and friendships are made.

Personal Assistance Services

Provide facilitation for Consumer-Directed Medicaid Waiver services. Maintain a registry of available personal assistants.

Youth Services

Facilitate school and community inclusion for all children and youth with disabilities. Provide transition supports, services, and planning.

Equipment Connection

Provides free, gently used, durable medical equipment to those in the community who would not otherwise be able to obtain it. Located at 1503 Princess Anne St., Fredericksburg, VA.

Veterans Outreach Services

Provide resources and information on Veterans' supports and services.

Speakers and Presentations

Provides speakers for community groups on a variety of topics related to disability, accessibility, independent living, the ADA and more. Contact the dRC to schedule.