



Services ILS Provides

Independent Living Skills (ILS) Training services develop, maintain, and improve the community living skills of a person.

List of services that ILS does provide including but not limited to;

Interpersonal skills and communication- Learning how to respond to people in a socially appropriate way. Learning what touches are ok like handshakes, hugs etc...

Safety and self-defense- Learning how to report abuse, and defend against abuse.

Leisure and recreation- Find activities both at home and in the community that the individuals enjoy doing, and make them happy.

Help finding affordable, accessible housing- Search apartments, and resources for place the individual can feel at home, and best fits their personal needs.

Problem solving assistance- Assist individuals to work through problems in their personal lives, work, staffing, and other issues that arise.

Household management and organization- Ensure that the individuals live in a home that is safe for them and for outside visitors.

Transportation resources- Assist in learning how to use public transportation, Metro Mobility, Medical transportation, and Airlines when needed.

Independent Living Skills (ILS) Training Are designed to empower individuals with brain injury and/or other physical disabilities reach their highest level of independence through personalized training.

Time management- Assist individuals to use resources that will ensure that they arrive on time to appointments, special occasions and work related activities.

Meal planning, grocery shopping and cooking- Assist individuals that have special dietary needs to plan menus that fit into the diet plan. Write out lists for grocery shopping, Assist with cooking as needed.

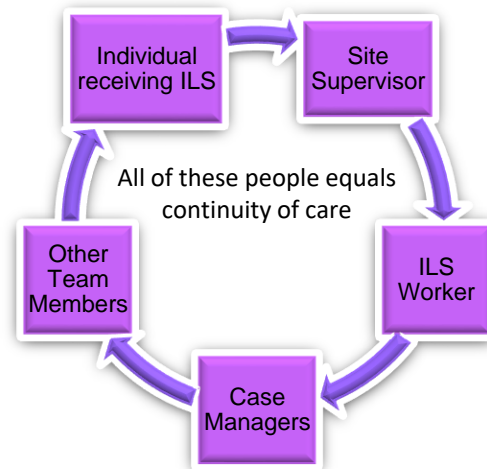
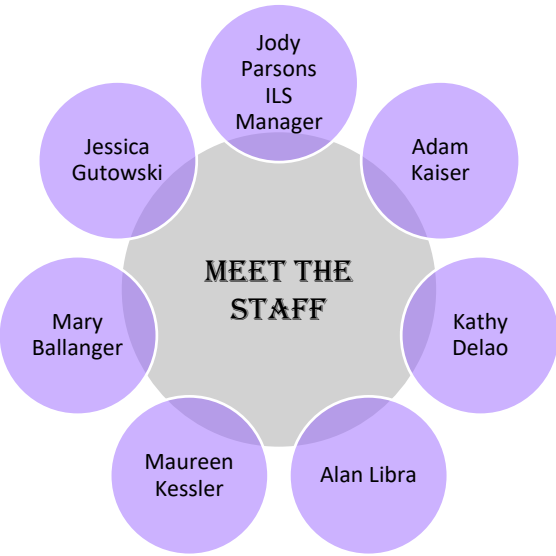
Housing stability- Assist individuals in recertification's for housing, assisting to report damage, or maintenance issues to appropriate persons. Make lists for things that need to be done before inspections.

Money Management- budgeting for personal needs, food, and activities. Assisting in paying bills, such as rent, electricity, credit cards. Assist in budgeting to pay off debts.

Memory compensation strategies- Assist in designing ways for individuals to remember important dates, medical, dental, and other appointments. Assisting in remembering who people are, and places they have been or need to go.

Coordination and connection to community services- Assist individuals in finding resources in the community to help them be independent as possible. Connecting with Fire, and police departments, finding volunteer opportunities, Grants and emergency assistance when needed.

Health management- Assist individuals to find medical professionals that best suit their needs. Set up medical rides as needed.



Accessible Space Inc.
2550 University Ave. W, Suite
330N St. Paul, Minnesota 55114

Contact Jody Parsons
Phone: 651-645-7271 X217
Fax: 651-757-3036

