



# Accessible Space, Inc.

HOUSING WITH CARE®

Independent Living Services who we are and what we do!

## Services IL 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 Services (ILS)

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.

## MEET THE STAFF

Jody Parsons  
ILS Manager

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