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

These services include:

- **Time management**: Assist individuals to use resources that will ensure 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 and assist with cooking as needed.
- **Housing stability**: Assist individuals in recertification 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.

**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.

**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