

Guided Independent Living Assessment (GILA)

The GILA program assesses the readiness of young adults with disabilities to live independently, with real-life opportunities to learn and demonstrate basic living skills. Developed in conjunction with Wichita State University, this six-week program provides a plan for future success. Participants will live at The Timbers, an accessible 100-unit apartment community owned by CPRF. Classroom instruction is presented on-site at CPRF, as well as off-site at the Independent Living Resource Center and Wichita State University. For young adults with disabilities and their parents/caregivers, living independently can come with great concerns. These concerns often keep people at home after they reach adulthood and can prevent them from achieving their independence goals. This program addresses those reservations and provides valuable insight into if a young adult is prepared for living independently in the future.

Program Highlights:

- 6 weeks of independent living experience,
- 2 newly built 2-bedroom apartments (all participants will have a roommate),
- Mentorship from people with disabilities who currently live independently,
- On-site security, as well as staff on call for emergencies, and
- Ongoing curriculum evaluation to ensure the lessons meets the goals and needs of participants.

Lessons Consist Of:

- Community and home safety,
- Cooking and safety,
- Housekeeping,
- Money and planning,
- Healthy relationships and communication, and
- Personal self-care (i.e., self-awareness, emotional management, etc.).

Admissions Criteria:

- Be at least 18 years of age,
- Must have a documented disability and submit documentation,
- Must be fully vaccinated against COVID-19 and submit proof of vaccination,
- Must be able to be unsupervised (without staff present) during the evening, overnight, on weekends, and holidays with/without training and accommodations.

Those who need more assistance throughout the day must have personal care staff before entering the program.

- Must have a desire to receive independent living experience services in an apartment setting that focuses on improved outcomes of independent living,
- Has exhibited an interest and desire for greater independence, and has parent/guardian support in this pursuit,
- Be willing to learn and use alternative modes of travel such as public transportation,
- Be receptive to learning financial management and living within a restricted budget,
- Must possess or willing to learn time management skills and be able to follow a schedule with/without accommodations (i.e. picture schedule),
- Have socially adaptive and responsible behaviors when left unsupervised and follow/adhere to rules and instruction.
- Be independent in grooming and hygiene routines or has staff to assist,
- Be able to communicate with others effectively with/without accommodations, and
- Must have a cell phone before entering the program.

Assessing the Readiness of Young People with Disabilities to Live Independently in the Community

Guided Independent Living Assessment | A program of Cerebral Palsy Research Foundation of Kansas, Inc.

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