



Guided Independent Living Assessment (GILA)

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(1931-2014)

The Guided Independent Living Assessment (GILA) program provides young adults with disabilities real life opportunities to learn and demonstrate independent living skills.

The GILA program is designed to offer participants both classroom and hands-on instruction in independent living skills, as well as opportunities to demonstrate those skills in a community setting. Participants attend a six-week training program where they will live at The Timbers — an accessible, 100-unit apartment community owned by CPRF. Classroom instruction is presented on-site at CPRF, and off-site at the Independent Living Resource Center (ILRC) and Wichita State University (WSU). The curriculum includes topics such as cooking and nutrition, grocery and household shopping, personal hygiene, financial literacy and management, safety at home and in the community, online safety, and personal care staff management. The GILA program lays a foundation of basic independent living skills that sets participants up for future success. By the end of the program, participants should have an increased awareness of how to live on their own and will be prepared to do so. There are four participants per six-week course, with two roommates per 2-bedroom apartment unit.

Admissions Criteria:

- Be at least 18 years of age.
- Must have a documented disability.
- Must be able to be unsupervised (without staff present) for up to 24 hours with/without training and accommodations. Those who need more assistance throughout the day must have personal care staff before entering the program.
- Applicant has 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 the pursuit of independence.
- 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 have 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.
- Must have a cell phone before entering the program.

Program Includes:

- Courses in home safety, community safety, cooking, housekeeping, financial planning, healthy relationships and communication, and personal self-care.
- Individual mentorship from people with disabilities who currently live independently.
- Community outings.
- On-site and off-site training.
- Pre- and post-evaluations to ensure the training is beneficial for the goals and needs of participants.

Visit cprf.org to learn more about us.

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