



Independent Living Resource Center (ILRC) is a 501c3 non-profit serving individuals with disabilities, the aging and veteran populations. ILRC offers programs and services at no cost to our consumers. ILRC serves 7 counties in Central Missouri including: Cole, Southern Callaway, Moniteau, Osage, Miller, Morgan and Camden.

ILRC offers 5 Core Services

Advocacy (Individual & Systems)

Supporting persons with disabilities to enact change in their community which enables them to obtain support services. ILRC attends and coordinates efforts with consumers to participate in events such as Disability Awareness Month, Disability Rights Rally, Legislative Day at the Capital and more.

Self-Advocacy is knowing what you need and being able to ask for it. Self-Advocacy is a way in which people speak up and voice their needs, thoughts, and opinions. ILRC works with consumers to support them in understanding how their disability impacts their lives, what things will help them at school and work to participate in community activities and more.

Independent Living Skills Training

Independent Living Specialists work with individuals one-on-one and/or in peer group settings to develop skills based on their needs and goals. Examples of skills include: pre-employment, driving, kitchen and cooking skills, cleaning, budgeting, housing and more.

Information and Referral (I&R)

ILRC provides information and referral for community resources, organizations and services to consumers, businesses, and the general public. Call 573.556.0400 for assistance.

Peer Support

ILRC offers various activities throughout the year for youth, young adult and adult consumers providing opportunities for socialization and peer support development, improving mental health wellness and support networks. Peer Support is offered with group and individual options.

Transition

Transition assistance is provided to ensure the greatest level of independence by diverting individuals from institutions, transitioning people out of institutions, and helping youth transition from high school to adulthood. ILRC works with consumers to set and achieve their goals towards independence.

See Back for our Added Value Services

For more information contact us:

1760 Southridge Drive, Jefferson City, Missouri Tel: 573-556-0400

ILRC's Added Value Services

Drivers Permit Preparedness

Curriculum is designed to assist individuals to obtain their drivers permit. The permit classes are available virtually or in-person; individually or in a group.

Driver Simulator – A realistic simulator assisting individuals to practice for their driving skills test in a safe environment to increase their confidence and skills.

Student/Parent IEP/504 Information & Support

Supporting families of youth with disabilities through the Individualized Education Plan (IEP) and 504 processes.

Socialization Opportunities

Providing opportunities for socialization activities to develop peer relationships through a variety of group activities.

Telecommunications Access Program (TAP)

TAP-T provides demonstrations and access to a variety of communication equipment for individuals with all types of disabilities.

School Support Services

Providing in-class independent living skills instruction to high school students including curriculum designed to increase independence, goal achievement and preparedness for the transition from high school. Subjects include: employment, budgeting, housing, meal planning and more.

Budgeting and Financial Management

Assisting individuals to manage a budget based on their income and information pertaining to financial services.

Care Closet Program

Providing consumers access to personal hygiene and cleaning products.

Durable Medical Equipment Program

ILRC accepts donated new and gently used equipment and ensures it is sanitized and tested for proper working condition. Donated items include wheelchairs, walkers, canes shower chairs and more. Items are donated to consumers and the community as available and requested.

Consumer Directed Services

Administering personal care services for individuals with disabilities allowing them to stay in their home and community. CDS is provided under contract with the Missouri Department of Health and Senior Services and is a Medicaid based service.

Veteran Direct Care Services

Administering personal care services for the Veteran population allowing them to stay in their home and community. VDC is provided under contract with the Federal Veterans Administration.

Veteran Counseling Services

In partnership with the VET Center offering individualized and group counseling sessions to combat veterans and their service dogs.

Kitchen and Cooking Skills

Thanks to the United Ways generous grant award, ILRC has received a kitchen remodel which is ADA compliant allowing for expanding workshops and individualized instruction to consumers with all types of disabilities and dietary needs.

ILRC Members Making A Difference

A consumer led panel seeking to advocate, educate and provide opportunities for community engagement for the disability's population.

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