

LILA PROGRAMS!

Peer Support Club (PSC): A safe gathering place and resource center serving consumers in the mental health system. Located at 990 Oak Street.

True North: Provides peer-delivered, recovery-oriented support services for anyone identifying as having a mental health challenge or seeking support in accomplishing their life goals surrounding recovery.

Other Services: Our independent living (IL) specialists can provide assistance with job searches, accessing transportation, housing searches, SSDI applications, and finding other resources to help you. Some of these can be done by phone but others require an appointment.

Disability Navigator: We provide assistance for jobseekers with disabilities at The Workforce Network. Ph: 541-686-7503

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Northwest ADA Center-Oregon: Our specialists provide confidential services statewide including answers about the Americans with Disabilities Act, accessibility surveys of buildings and outdoor areas, training, and website compliance help.

Work Incentives Network (WIN): We provide benefits counseling for job-seeking Vocational Rehabilitation clients regarding their current public benefits.

Vocational Rehabilitation (VR) Services: LILA staff are serving VR clients in Lane County and the Salem area, providing classes, counseling, tutoring, and other services.

Oregon Business Leadership Network (OBLN): We coordinate meetings of the OBLN, a network of businesses interested in positively impacting their bottom line by promoting disability inclusion in the workplace, supply chain, and marketplace. *Let's network!*

10.23.14



Photo of LILA staff, volunteer, and consumer.

**20 E 13th Ave
Eugene, OR 97401
Phone/Fax: 541-607-7020
Email: lila@lilaoregon.org
Web: www.lilaoregon.org
Mon-Fri: 10 am—4 pm**

LILA is a 501(c)3 nonprofit.
Donations are fully tax deductible.

CORE SERVICES

◆ Independent living skills training

We provide training to help you gain skills that enable you to live more independently, such as budgeting, job searches, and completing applications.

◆ Peer mentoring & counseling

You can meet with other people who experience disabilities and can share their knowledge and experience to help you explore options, provide support, and find solutions for handling the barriers of living with a disability.

◆ Advocacy

We offer personal and systems advocacy. We help you understand your rights and responsibilities so you can pursue needed benefits, services, or accommodations. We also work within the community to promote full inclusion of people with disabilities in society.

◆ Information & referral

We help you find information on any services or products that can help you increase your independence. We will make referrals to other organizations and agencies, if necessary.

◆ Transition to independent living

Via skills training, mentoring, and help gaining needed support, we assist individuals with disabilities to 1) transition from nursing homes or foster homes into the community; 2) remain in the community rather than institutionalization; and 3) transition from secondary education to post-secondary life.

WHAT IS LILA?

LILA is a non-residential, consumer-controlled, cross-disability Center for Independent Living serving Lane County. The majority of LILA's staff and board are people with disabilities. Our mission is to empower people with physical, mental, cognitive, and sensory disabilities to live as independently as possible by eliminating barriers to choice, access, and inclusion.



EMPOWER YOURSELF AND GET INVOLVED!!

Become a LILA Member or Volunteer. Call 541-607-7020 for information.

LILA is a fragrance-free office. Please help us to accommodate our co-workers and consumers who are chemically sensitive to scented products. Thank you for not wearing perfume, aftershave, scented hand lotion, scented hair products, or similar products.

This document is available in alternate formats, such as Braille, large print and electronic format. To request, call 541-607-7020

ADVOCACY WORK

We continually work to raise awareness of disability issues and train people in self-advocacy. Some of our current activities include:

-  **Assisting** with The Help America Vote Act to ensure that Americans with disabilities can vote privately and independently.
-  **Improving** access to services for women with disabilities who are victims of violence.

IN THE LEGISLATURE Get active in government!

Learn what legislative district you live in and who represents you in the capitol. Take a road trip to Salem and advocate for issues that effect you. Join us at local town halls and let the representatives and senators know what's on your mind. Talk to your legislators. Join email and phone campaigns to support or oppose legislation you are concerned about. Receive regular updates on bills that impact you while the legislature is in session.