



Center for People with Disabilities

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Working with CPWD

The Center for People with Disabilities (CPWD) started in Boulder County in 1977. We are one of over 400 Independent Living Centers across the Nation. CPWD now provides Independent Living Services in five counties, providing core services in Independent Living Skills, Advocacy, Information and Referral, and Peer Support.

Our staff is available to assist you in developing a plan for achieving your goals of being independent. CPWD is not a “social worker” agency; rather we work to empower people with disabilities. **Our core philosophy is peer-based support and empowerment**, providing resources and information.

Here are some of the things that we **CAN do with you:**

- ✓ We can develop a plan with you, for achieving your goals to become independent or maintain your independence.
- ✓ We can teach you Independent Living Skills to achieve your goals.
- ✓ We can schedule follow up appointments to check progress for your goals.
- ✓ We can research your options with you in order to achieve these goals.
- ✓ We can give referrals to other agencies and resources.
- ✓ We can teach you advocacy skills for achieving these goals.
- ✓ We can work with you to fill out the paperwork for Social Security, Social Services, housing and LEAP.
- ✓ We can advocate with you with other agencies/landlords/etc.
- ✓ We can assist you in finding affordable, accessible housing.
- ✓ We can assist you in moving from a nursing home, back to the community.

OVER

Overcoming barriers to independent living

Here are things that we **DO NOT** Do:

- ✓ We do not make decisions for you.
- ✓ We do not have emergency housing or permanent housing.
- ✓ We do not give money for rent or utilities or pay other bills.
- ✓ We do not have money for Pet Deposits or any other deposits.
- ✓ We do not have money for moving.
- ✓ We do not help with moving.
- ✓ We do not provide transportation.

We ARE here to assist you with:

- ✓ Goal Setting
- ✓ Managing Information
- ✓ Housing Information/Referrals
- ✓ Obtaining Long Term Care Services
- ✓ Developing Peer Support
- ✓ Learning Independent Living Skills
- ✓ Developing Self Advocacy Skills
- ✓ Locating Resources
- ✓ Budget Planning
- ✓ Planning

The Key to Success is **Goal Setting**:

An effective goal:

1. Has a deadline.
2. Is stated in specific terms.
3. Is challenging, yet achievable.

Examples of less effective goals	Examples of more effective goals
1. To obtain housing	1. Fill out five applications in one month.
2. Get a job	2. Fill out 10 job applications this year.
3. Get a car.	3. Use a budget to save for a car.

Eligibility:

You must have and reveal a permanent disability, you must desire independent living services and you must benefit from independent living services.

We look forward to working with you in your quest to achieve your goals.