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## Tuesday's Transition Tips

### Agency Spotlight: Ann Arbor CIL Youth Services

Today's Tuesday's tip will spotlight an agency right here in Washtenaw County.

Ann Arbor Center for Independent Living is run by people with disabilities for people with disabilities. Established in 1976, Ann Arbor CIL focus is to empower the lives of people with disabilities and advocate for a more inclusive community for all.

Services are targeted to support youth ages 14-26 and their families in transition towards adulthood. In addition to providing individualized services, community advocacy, and group workshops for your self-improvement, Ann Arbor CIL is a dynamic community enrichment and recreation center filled with events and activities to help you connect with people and your passions.

Below is a list of some of the things, Ann Arbor CIL provides:

- Individualized Transition Planning and Support for youth and young adult
- Assistance accessing community resources
- Career services
- Disability training for businesses and organizations
- Independent living coaching
- Peer support
- Small business development assistance
- Recreation and arts programming
- Transitions from nursing facilities back into the community
- Volunteer and training opportunities
- Youth programming
- Developing skills to assist youth in becoming independent adults ranging from time management to cooking, finance and self-advocacy.

Click the image to access the website.



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