**About MWCIL**

Working with our staff, consumers with disabilities improve their practical skills and self-confidence to take control over their lives.

We are dedicated to helping people with disabilities gain freedom from nursing homes and other institutional settings.

All people should have equal access to all aspects of life and community.

No one should be excluded from participation in the community due to a disability.

We are consumer controlled; run by and for people with disabilities.

MetroWest Center for Independent Living, Inc. is a 501c 3 non-profit corporation.

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**TAP**
Transition to Adulthood Program

Using the IL model, TAP staff members work directly with young adults, helping them determine their goals and find pathways to achieving these goals.

**Options Counseling**

For individuals needing long term care services, we provide information and assistance in connecting with appropriate resources. Consumers can receive services in any setting, such as a hospital, rehab or nursing facility or in their own home.

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**Service Communities**

Ashland  Bellingham  Dover  Foxboro
Framingham  Franklin  Holliston  Hopkinton
Hudson  Marlboro  Maynard  Medfield
Medway  Millis  Natick  Needham  Norfolk
Plainville  Sherborn  Southboro  Stow  Sudbury
Wayland  Wellesley  Weston  Wrentham

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**MetroWest Center For Independent Living**

A PATH TO INDEPENDENCE

Our mission is to enhance the full participation of persons with disabilities in the community.

280 Irving Street
Framingham, MA 01702

Phone: (508) 875-7853
Fax: (508) 875-8359
E-mail: info@mwcil.org

Web: www.mwcil.org

Mon—Fri: 9-5
Closed holidays
Core Services at MetroWest Center for Independent Living

**Independent Living Skills Training**
Staff members work with consumers to improve skills related to personal growth, navigating services, and handling responsibilities in order to live independently. Navigating MassHealth, housing and transportation are among the skills needed to successfully live in the community.

**Peer Support**
People with disabilities are uniquely qualified to support others with disabilities because they've “been there, done that”. MWCIL staff members' personal experiences can help consumers find the right solutions to enable their independence.

**Information and Referral**
MWCIL staff provide disability and community related information to all individuals with disabilities, family members, service providers and community members who request it. Expertise areas include Social Security benefits, vocational and community services from the MA Rehabilitation Commission, MassHealth, housing, elder services, PCA programs and assistive technology.

**Advocacy**

**Self:** Consumers can learn to be assertive and articulate when faced with obstacles to independent living goals. Consumers are encouraged to take direct roles in advocating for their own issues.

**Community:** MWCIL works with municipalities, businesses and service providers to address discrimination and barriers in our society.

**Policy:** MWCIL advances community awareness and advocates for continuous improvements to laws and funding for services.

**Transition**
Aging out of youth services into adult services, and moving from a nursing home to an independent setting are the transitions that MWCIL staff can expedite. Using IL principles of setting goals and setting action plans, people with disabilities can transition into independence.