

# MetroWest Center For Independent Living

## A PATH TO INDEPENDENCE

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

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**Mon—Fri: 9-5  
Closed holidays**

## 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.



## 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

## 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.



# 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.



## 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.

## 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.

