



## Memphis Center For Independent Living

1633 Madison Avenue

Memphis, TN 38104

[www.mcil.org](http://www.mcil.org)

(901)726-6404

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# Working with MCIL

*Advocacy in Action for people with Disabilities*

People with disabilities are a powerful and significant part of our community, yet; as a group our social roles have been marginalized by bigotry, discrimination, poverty, isolation, dependency and pity. Americans with disabilities have not had access to transportation, housing and employment that other citizens have enjoyed; MCIL will change that.



The Disability Rights movement and Independent Living are working to include people with disabilities in all aspects of civic life. But barriers remain in physical accommodations, communication and attitudes. Today, Centers for Independent Living such as MCIL offer comprehensive Independent Living Programs that provide people with disabilities with the advocacy, training, resources and peer support needed to live independently.

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*The Memphis Center for Independent Living will facilitate the full integration of persons with disabilities into all aspects of community life.*

## The concept of Independent Living grew out of the Civil Rights Movement.

Independent Living not only means equal rights, but also equal responsibility for citizens. Independence implies managing success as well as coping with failure. Many services, programs, charities, organizations and agencies in our community encourage dependency of people with disabilities and remove the risk of failure. The cycle of dependency, paternalism and control removes the common choices of individuals. Ultimately, only by taking similar risks can people with disabilities equally participate in the community.

## MCIL offers a new model for community integration.

Since 1985 MCIL has been the center of a network of action, information and resources to assist people with disabilities to conquer barriers, isolation and dependency. We encourage you to work with us to build this new accessible welcoming community, learn from neighbors or teach fellow citizens that are struggling for their independence.

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



### *What We Can Work on Together:*

- ✓ MCIL will work with you to create a plan for achieving your goals to become independent or to maintain your independence.
- ✓ We can work with you to improve your independent living skills.
- ✓ MCIL can assist you in moving from a nursing home, back to the community.
- ✓ We can share local housing options and transportation resources. MCIL will help you to update your voter registration.
- ✓ MCIL can work with you to develop your self-advocacy skills and MCIL will advocate with you for our community's civil rights.
- ✓ We will help you plan for employment, return to a job or learn independent living skills to be ready to go to work.
- ✓ MCIL can support you to manage your paperwork, for example Social Security and community resources.
- ✓ We can schedule follow-up appointments to check progress for your goals.
- ✓ We can help you to research your options in order to achieve your goals.
- ✓ We can help you to find peer support for your goals, and community groups.
- ✓ MCIL can provide referrals to agencies and community resources.

### *Some things that we DO NOT Do:*

- ✓ MCIL does not make decisions for you.
- ✓ We do not share any personal information without your written permission.
- ✓ We do not have emergency or permanent housing.
- ✓ MCIL does not give money for rent, utilities or other deposits.
- ✓ We do not have resources for moving.
- ✓ We do not provide transportation.
- ✓ MCIL does not provide case management.

## Develop your Independent Living Plan:



*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 3 job applications this week.
3. Get a car	3. Use a budget to save for a car.

***I am a person with a disability and I would like to (make a check inside the box beside your intention today):***

- I would like to develop at least one goal for an Independent Living Plan today (attached).
- I don't want to work on an Independent Living Plan today, knowing I may develop a plan any time in the future.
- I would like to update my voter registration.

Signed \_\_\_\_\_

\_\_\_\_\_ Date

If you have a comment, compliment or complaint about anything at MCIL, you may call 901-726-6404 extension 270. You may write to: Compliments and Complaints at 1633 Madison Ave. Memphis, TN 38104 or email: [mcil@mcil.org](mailto:mcil@mcil.org). You may also call The Tennessee Client Assistance Program at 1-800-342-1660 or email [GetHelp@disabilityrightstn.org](mailto:GetHelp@disabilityrightstn.org).

***We look forward to working with you on achieving your goals.***