It has been almost two years since Independent Living, Inc. established service centers in Monticello and Middletown, in order to provide greater access to programs and services for people with disabilities and their families living in central and western Orange County and in Sullivan County. Through pro-active outreach and engagement activities, each of the new service centers has already assisted more than 1500 people.

During the 26 years since the organization was founded, Independent Living, Inc. has been demand-responsive to the needs of the communities it serves, and worked to collaborate and develop partnerships with other providers in the region to utilize available resources most efficiently. Staff members share a deep commitment to the communities in which they live and work; many have been recognized for the knowledge, skills and dedication they have demonstrated, by being selected to serve in leadership roles in the community.

Guided by a person-centered philosophy, one of the things that makes Independent Living, Inc. unique, and helps assure its success and value to community stakeholders, is that service provision is driven, continually assessed, and modified based on the needs and preferences identified by the individuals being served. The core values of the organization: Integrity, Respect, and Customer Focus, are always at the forefront, and manifest in the manner in which we conduct ourselves individually and collectively.

It is with both pleasure and pride that I continue to serve as President of the Board of Directors of this remarkable organization, which serves as an open-door community resource for thousands throughout our region.
When we opened our doors 26 years ago we were keenly aware of the many unmet needs of people with disabilities in our community. Since then, we have worked tirelessly to address a multitude of challenges and, while we are justifiably proud of our accomplishments, we know that a great deal remains to be done.

True to our mission, we remain focused on the most pressing needs that make the difference between self-reliance and system-dependency: gainful employment; decent, safe, affordable and accessible housing; and integrated social and recreational opportunities. As I like to say, "a home, a job, and a date on the weekend." This short list of basic human entitlements are essentially the social determinants of health and wellbeing, yet so many people in our community struggle to maintain even one, much less all three – not because of a lack of self-determination, but because of a basic economic dilemma: the gap between supply and demand.

At Independent Living, Inc. we work with one person at a time to address their individual goals and needs, while concurrently attempting to break down barriers to real independence, within a system that sometimes seems to create one insurmountable hurdle after another. We believe that if people have a stable, suitable housing situation, the rest can usually be achieved.

A few years ago, we acquired a 2.5 acre vacant parcel of land adjacent to our Newburgh service center. We have taken some time to decide on the best purpose for that property, and have come to the conclusion that it is an ideal location for an apartment complex that will include one, two, and three-bedroom units for everyone: professionals, students, families, seniors, persons with disabilities – anyone and everyone. It is close to transportation, shopping, services, employment, recreational and educational facilities. We have named the project Independence Square, and formed a related but separate corporation, IL Strategy Group, Inc. (ILSG) to spearhead its development, working with Jonah Mandelbaum, who has an outstanding reputation for thoughtful development, high quality construction and sound management of similar properties. It is a hopeful and exciting time, and the whole community has enthusiastically voiced support for Independence Square. We will be breaking ground next spring.

While ILSG is focused on Independence Square, Independent Living, Inc. and Independent Home Care, Inc. continue to provide strong supports in the areas of employment, home care, early childhood direction, education advocacy, and mental health and wellness. There’s more than enough to keep us busy, and we are ever grateful for the support of our donors and community partners.

Wishing you wellness in the year to come,

Doug Hovey
Access to Home Services
Home modification services to help persons with disabilities to remain at home, or return home, and live with dignity in the community setting of their choosing.

ADA Consultation/Environmental Modification Services
Directed to individuals, local municipalities, commercial property owners, employers, businesses, schools and provider agencies, these services play a vitally important role in ensuring compliance with the provisions of the Americans with Disabilities Act.

Assistive Technology
Providing demonstrations, test equipment and evaluations, through partnerships with assistive technology manufacturers, the NYS Commission for the Blind, and durable medical equipment manufacturers, to help improve communication and simplify activities of daily living for individuals with disabilities in Orange, Ulster, Sullivan, Dutchess and Rockland Counties.

Benefits Advisement
Offering consultative and supportive services aimed at increasing independence for recipients of SSDI and/or SSI benefits by providing information and education on available work incentives.

Consumer Directed Personal Assistance Services (OPTIONS)
For persons with disabilities, including seniors, OPTIONS offers a unique alternative to traditional attendant care at home, giving individuals the opportunity to hire and manage their own personal attendants. Available to qualified individuals in Orange, Sullivan, Ulster, and Dutchess Counties.

Deaf and Hard-of-Hearing Services
Providing a bridge between the Deaf and Hearing cultures in Orange, Ulster, Sullivan and Dutchess Counties, this program is actively engaged in community outreach and education, advocacy, service coordination, counseling and technical support.

Early Childhood Direction Center (ECDC)
Providing disability-related service and information to families of children from birth to 5 years of age, and offering technical support to schools, day care centers, and child care professionals in Orange, Sullivan, Dutchess and Ulster Counties.

Employment Services
Contracted to conduct work-readiness assessments and job placement services for NY State Department of Adult Career and Continuing Education Services-Vocational Rehabilitation (ACCES-VR), Commission for the Blind (CBVH), and Office for People With Developmental Disabilities (OPWDD). Enhanced supported employment services and ongoing employment support provided. Vocational services are available for all tenants at the Cornerstone Residence in Newburgh.

Family & Student Services
An array of services are available for individuals with developmental disabilities and their families, including education advocacy for students between the ages of 6 and 21, an after-school learning enrichment program, a Community Independence Program that offers independent living training, and a Saturday activity/respite program.

Homeless Services
Providing a rental subsidy for permanent housing and case management services to individuals with disabilities who are homeless.

Independent Living Skills
Person Centered Planning (PCP) is an approach designed to assist individuals to plan their life and supports. Based on the philosophy that the individual being served by a process should be the primary shareholder in that process, services promote self-help, equal access, peer role modeling, personal growth and empowerment so that, consistent with the Olmstead Ruling of the US Supreme Court, people with disabilities may live in the least restrictive setting of their choice.
Mental Health Services
Aimed at helping people with psychiatric disabilities, including those at continuing risk of homelessness, to overcome stigma, connect with needed supports, build constructive relationships with peers, advocate on their own behalf, define and pursue their personal journeys to wellness, and make the transition from system dependence to independence.

• Case Management
Offering a holistic, person-centered approach to facilitating connections with provider agencies and community amenities, and aimed at ensuring long-term residential stability, personal recovery, health and general well-being. Our staff members are on-site at the Cornerstone Residence at 111 Broadway in Newburgh.

• Recovery Center Services - Reach One
Proactive peer engagement and services for people with psychiatric diagnoses and/or chemical addiction in Dutchess, Ulster, Orange and Rockland Counties, in collaboration with PEOPLe, Inc. and the Mental Health Association of Rockland County. The Mid-Hudson Regional Recovery Center provides traditional peer support, educational opportunities, integrated social and recreational activities, assistance with employment and health home integration.

• Transition and Diversion Services
Serving persons with psychiatric & co-occurring addictive disabilities with the goal of aiding in the prevention of hospitalization and homelessness, this program provides wrap-around support, including core independent living services. Our bridgers are on-site and on-call at local hospitals to assist individuals being discharged from the mental health units to connect with necessary supports for their continuing journey of recovery. Our diversion specialists proactively engage individuals who have been evaluated but not hospitalized, providing intensive peer intervention during periods of crisis.

• Young Adult Outreach & Engagement Program
Developed for young adults in Orange County between the ages of 18 and 25, to assist them in identifying priorities, skills and strategies to overcome challenges and achieve their individual, self-determined goals. While learning independent living skills and constructive tools for self-expression through mentoring, peer counseling and life coaching, young adults may also participate on the advisory board to further develop the program.

Service Coordination
Aimed at helping individuals with Developmental Disabilities to make connections with needed services and community supports that enable them to live with the maximum degree of independence.

Systems Advocacy
Member of the Statewide Systems Advocacy Network, a group of eighteen independent living centers throughout New York State which collaborates with other disability organizations to ensure that legislation affecting people with disabilities is introduced, passed by the Legislature and signed into law by the Governor.

Wellness Center
Located at the Cornerstone Residence (111 Broadway in Newburgh), the Wellness Center operates Monday - Friday from 5:30 - 7:30 p.m. Open to the public. Offers activities each evening to promote physical and mental wellness. Popular choices include Zumba dancing, yoga, tai-chi, cooking and nutrition, a variety of fitness programs, smoking cessation, weight loss and stress management. Individuals are encouraged to take the steps necessary to achieve personal well-being through individually-tailored healing strategies that have been proven effective in helping people cope with the challenges of daily life.

Promoting Choice, Self-Determination and Total Participation
Services Provided # Served Key
Advocacy 548
Architectural Barrier & Assistive Technology 73
Benefits Advisement 352
Children, Youth & Family 591
Collaborative/Inter-Agency 582
Employment 1196
Housing & Shelter 430
Independent Living 1610
Information & Referral 2711
Mental Health 2939
Mobility 14
Recreational & Community Integration 430
Transportation 315
TOTAL: 11791

Key
NYS Education Department - ACCES-VR 8%
Office for People with Developmental Disabilities 6%
Office of Mental Health 14%
Department of Health/Medicaid 69%
Other 3%
TOTAL: 100%

Headquartered in Newburgh, with satellite offices in Middletown and Monticello, Independent Living, Inc. serves people throughout the Mid-Hudson Region. Many of our programs, including our Early Childhood Direction Center, Deaf and Hard of Hearing Services, Service Coordination and Consumer Directed Personal Assistance Services, have a strong presence in our neighboring counties and work cooperatively with area agencies to address the needs and represent the interests of persons with disabilities.

Independent Living means controlling and directing your own life and being as self-sufficient as possible. It means taking risks and being allowed to succeed and fail on your own terms. It means participating in community life and pursuing activities of your own choosing. Whether we're providing peer counseling to a newly disabled adult or offering technical assistance through partnership with a local industry or municipality, Independent Living, Inc. serves as an important voice for systems change, and a vital resource for persons with disabilities within our local and regional communities.
**MEMBERS OF THE “FRIENDS OF INDEPENDENCE” SOCIETY**

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“A society grows great when men and women plant trees whose shade they know they shall never sit in”

– Unknown

We have made every effort to include all and to respect the wishes of those who requested to remain anonymous, but please let us know of any errors or omissions
### MORE GENEROUS SUPPORTERS

<table>
<thead>
<tr>
<th>Name</th>
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<td>Sarah Cropley</td>
<td>Maxine Hunsinger</td>
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<td>Poughkeepsie Grand Hotel</td>
<td>P&amp;P Quick Copy Center</td>
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<td>Ann’s Hallmark</td>
<td>Forestburgh Playhouse</td>
<td>Price Chopper</td>
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<td>Ashley Hefferman</td>
<td>Hannahford Supermarket</td>
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<td>Hometown Bank of the Hudson</td>
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<td>Adriane Dillard</td>
<td>The Pizza Shop</td>
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Sally, age 49, lives with mental illness. Independent Living staff members first met Sally at a local group home where they were conducting independent living skills training. At first Sally refused to participate, but staff members persevered, and Sally soon came to trust them, and they learned that she was passionate about horses. One of our Independent Living Skills Specialists (ILSS) has an extensive background with horses and in therapeutic riding, and decided to try and engage Sally relative to their mutual interest. At first, Sally was very withdrawn and uncommunicative. We learned that, while at home, Sally spent most of her time in her 2’ X 3’ closet curled up in fetal position. Over time, Sally began to look forward to her time with our staff, and participate in group activities. When we first met Sally, her appearance was unkempt. After working with her for some time, the ILSS asked her if she would like to go with other residents to a local beauty salon for a haircut and styling, and to everyone’s surprise, Sally agreed. The ILSS arranged for her to take horseback riding lessons at a local community facility, and has also assisted Sally in making her own choices about how to spend her money. Sally recently took a tour of a local animal shelter and enjoyed the experience of working with animals there. Most exciting for all who know Sally is that she appears to be more positive and optimistic about her own future, and now chooses to actively participate in her community.
Since 1987, Independent Living, Inc. has served as a common voice for persons with disabilities living in our community. A freestanding, locally controlled, nonprofit agency operated by people with disabilities, we offer a wide range of programs and services dedicated to ensuring **universal access and opportunity in every aspect of community life.**

Our efforts are directed to individuals of all ages having any disability, as well as to families, businesses, agencies, and municipalities. We are committed to the universal elimination of physical and attitudinal barriers, as well as assisting individuals with disabilities to successfully make the transition from system—**dependency** to **independence.** Over the past twenty-five years, Independent Living, Inc. has touched the lives of literally thousands of people. Having a uniquely recipient—based perspective and approach to addressing disability issues, we have consistently exemplified cost—effective ways of improving the quality of life for persons with disabilities.

During the past year, our Center provided a diversity of important resources to residents of our community. We assisted thousands of persons with disabilities, family members, educators, service providers, public officials and businesses.

The impetus for all that we do derives from a philosophy that is no different today than it was twenty-five years ago when Independent Living, Inc. was founded: we believe that the widespread poverty, segregation, and isolation of people with disabilities is unacceptable, should not be tolerated, and requires immediate change. We are dedicated to making positive, systemic changes through advocacy, education and legislation, and to providing full access, power, and self—determination for all people with disabilities. With an unwavering focus on integration, community living and assisting people to reach their greatest potential, we support a culture that encourages risk—taking, creativity, and innovation. To address broader public policy issues, we are committed and deliberate in speaking about the problems and obstacles faced by people with disabilities. We exist as an organization that on all levels abides by a living code of ethics which mandates respect, appreciation, honesty, integrity, empathy, trust, active involvement, and accountability.

We will work tirelessly toward reshaping the culture of our society into one that is truly inclusive of all its citizens.
Independent Living, Inc.
Douglas Hovey, Executive Director

Board of Directors

Matthew Migliaccio, President
Charles A. Walwyn, III, Vice President
Andrew Weyant, Treasurer
Jeffrey Sculley, Secretary
Thomas Antonucci
Kara Dorsey
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Our Mission
Independent Living, Inc. is a consumer-directed, cross-disability advocacy and service organization, dedicated to enhancing the quality of life for persons with disabilities.

Teach people to fish and they can eat for a lifetime...

Our Vision
Our vision is a barrier-free society with opportunities for all people to achieve their maximum potential.

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Videophone: (845) 764-8384
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