

Independent Living Services

When individuals with developmental disabilities are empowered to live independently, they can flourish in their home and community.

INDEPENDENT LIVING SERVICES (ILS) provide people with developmental disabilities with support they need to learn new skills and thrive at home and in their community. With this service, people live in their own home or apartment and dedicated, passionate AbleLight staff or the independent contractor of their choice provides the customized support each individual needs to achieve their unique goals.



The supports we provide through **ILS and our Apartment Program** are unique to each person's needs. Each person receiving services decides what support they need, allowing us to provide customized care. This can include:

- ✓ Assistance with selecting and moving into an apartment
- ✓ Assistance with money management, budgeting, paying bills, and banking
- ✓ Assistance with grocery shopping, meal planning, and food preparation
- ✓ RN case management or RN oversight (as needed)
- ✓ Assistance with scheduling and attending medical appointments
- ✓ Coordinating and supporting community involvement, such as recreation and socialization
- ✓ Arranging or providing transportation
- ✓ Assistance with light housekeeping or paperwork
- ✓ Guidance and support in goal-setting and self-advocacy

Learn more about AbleLight's Independent Living Services today!

Visit AbleLight.org/SLS or contact our team for more information.

Email: Colorado.AbleLight@AbleLight.org | Call: 866-242-2535



About AbleLight

AbleLight is a nonprofit, national leader in providing life-changing services that empower people with developmental disabilities to thrive. Guided by Christian love and a 120-year commitment to our mission, we provide individualized support that promotes independence and inclusion and helps people flourish in their homes, jobs, and communities.