



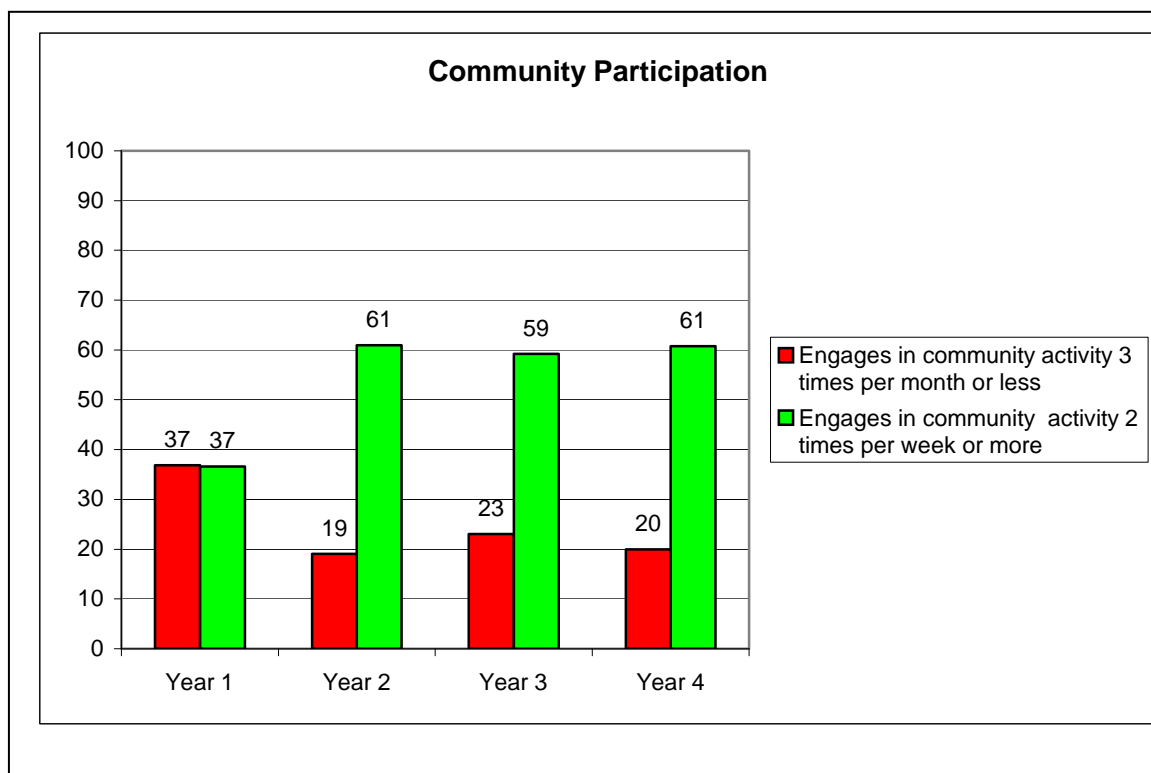
Independent Living Skills (ILS) Outcomes 2008

Everyone's needs are different, and this is precisely why Courage Center deems independence, having responsibility and control of choices, as a key to empowered living. A disability, in any form, should not prevent independent living.

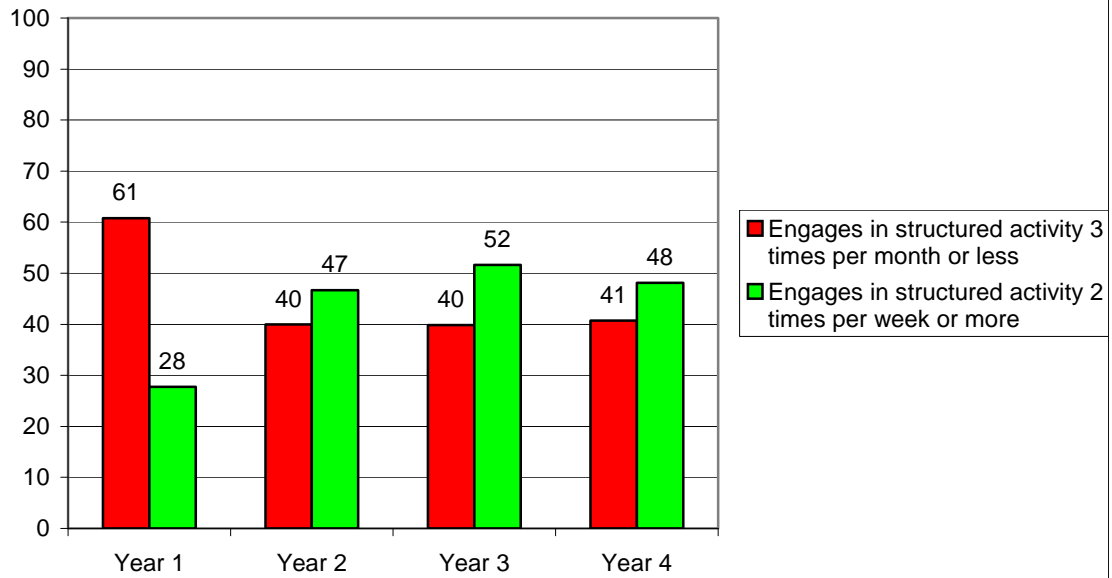
In order to aid in this independence, Courage Center developed the Independent Living Skills (ILS) program, which provides services that strengthen clients' skills in managing their own affairs, participating in day-to-day life in the community, fulfilling a range of roles, and making decision that lead to self-determination.

An Independent Living Skills specialist meets clients in their homes or other locations to provide education, training and support until all goals are met. These specialists are knowledgeable about a variety of community resources and are experts at teaching clients how to advocate for themselves. Services available through ILS include health management, household management and organization, meal planning, grocery shopping and cooking, memory compensation strategies, problem solving assistance, safety and self defense, time management, transportation resources, and funding.

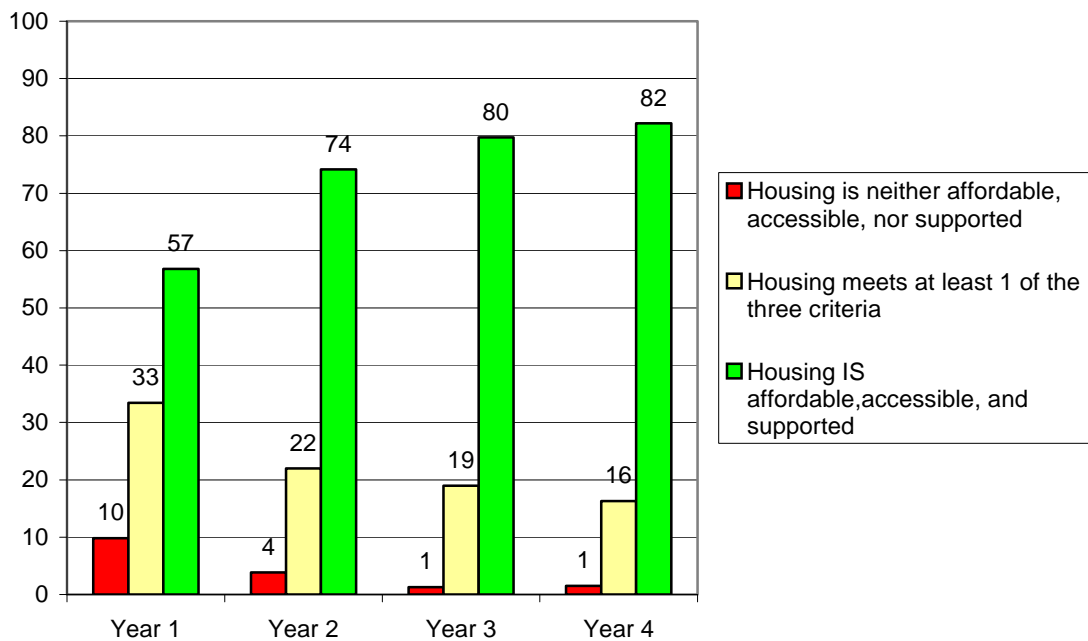
For each year that clients are in the Independent Living Skills Program, their participation in community activity increases, they move toward affordable, accessible, supported housing, and report improved quality of life. Involvement in the program encourages participation in the community on an ongoing basis.



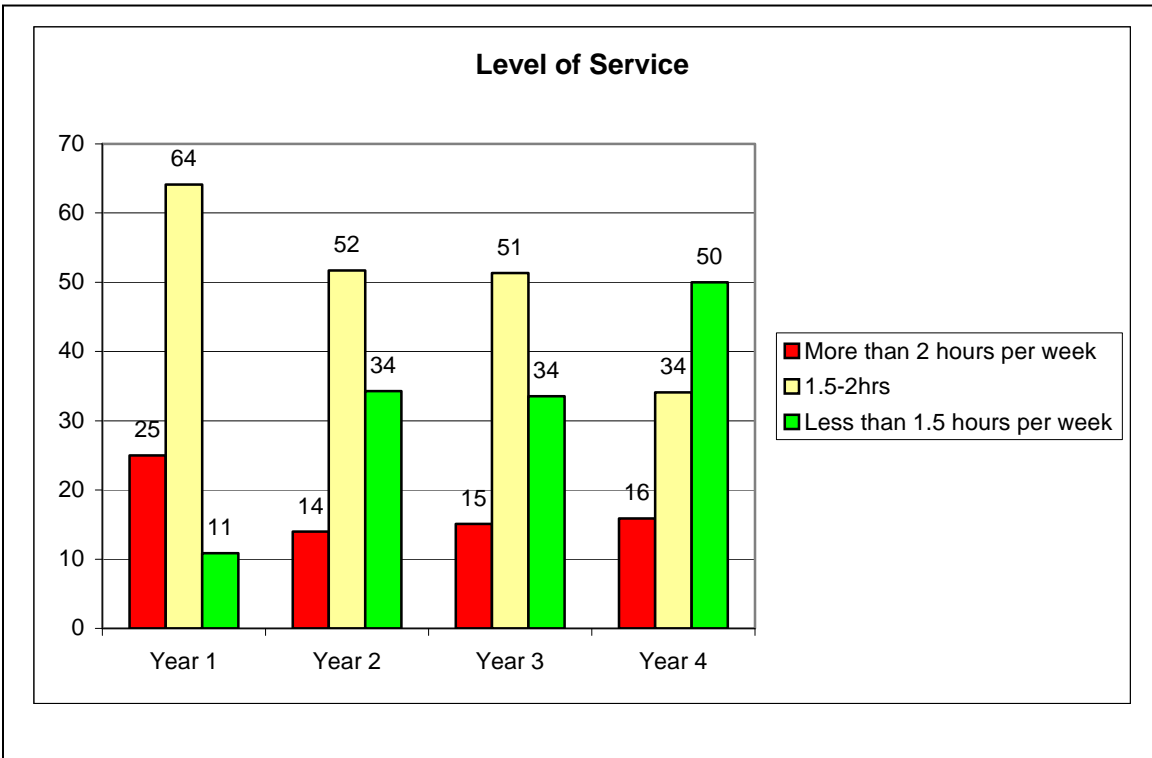
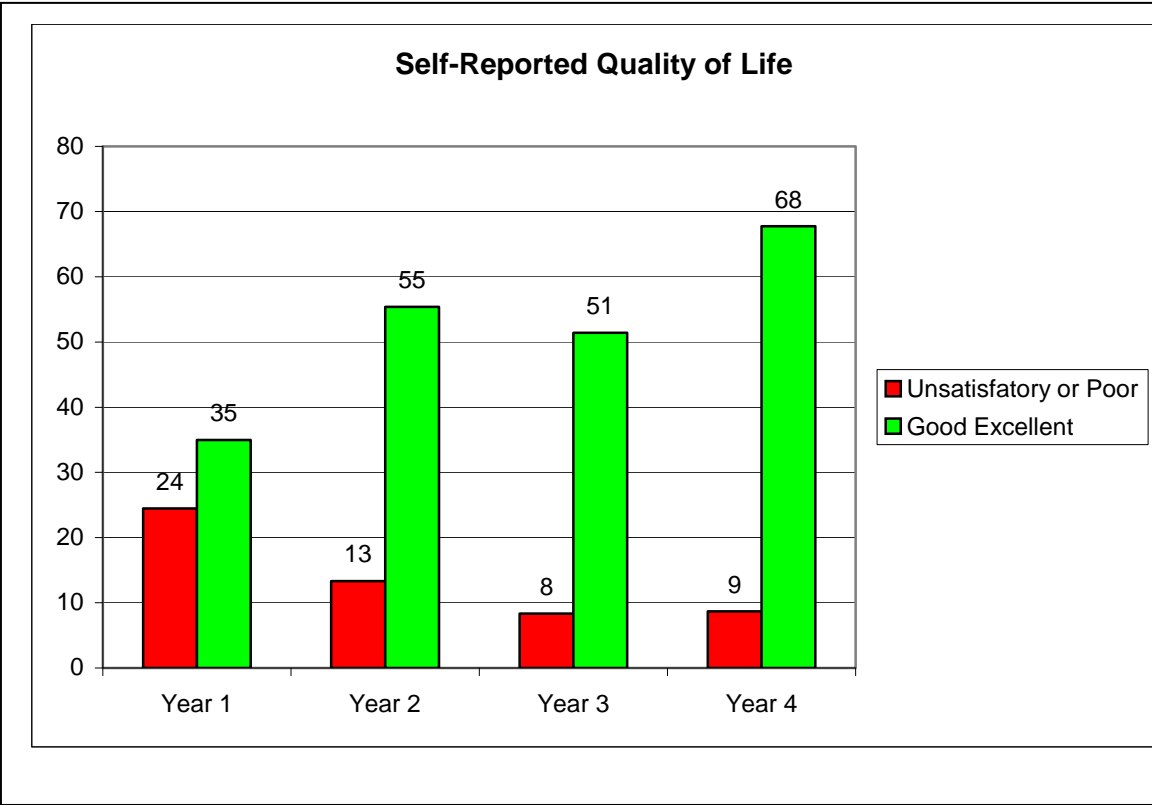
Purposeful Activity



Housing



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While there are decreases in the percentage of clients who need 1.5 to 2 hours per week of service, and an increase in the percentage of clients who need less service, there is a fairly stable number of clients who require more intensive support throughout their length of service. Because of the need to deal with ongoing issues of housing, participation, and maintaining insurance coverage, this level of intensive support is necessary to maintain successful living in the community.

This data is on 563 clients for whom data was available in the first quarter of 2008. The median age of these clients was 47. The approximate number of clients in this analysis was 396 for year 1, 207 for year 2, and 152 for years 3 and 4.

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