



Community Resilience Initiative - Continuing IL Work During a Pandemic Consumer Fact Sheet

Civil rights are never suspended during disasters, including during the COVID-19 pandemic

Even though CILs may be closed they are still providing all of their services remotely!

Things may operate a little differently but **CILs are still providing:**

- Information and referral
- Independent living skills training
- Advocacy
- Peer mentoring and support

And for CILs that did this before the pandemic:

- Youth transition support
- Transition/diversion support out of nursing facilities and/or homeless shelters

Stay safe:

- Stay alert
- We're still in a pandemic and public health measures should continue to be utilized.
- Continue to wear a mask inside public spaces as required by the Governor. If you can't wear a mask, take other precautions (e.g. face shields, self-isolation)
- Sanitize!

Information and Referral - **Call your local CIL if:**

- You want to know more about being a consumer or getting involved
- You have a question about your services
- You have a question about potential resources available to you during the pandemic
- You need any information or resources to help maintain independence

www.disasterstrategies.org

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Modifying Independent Living Plans (ILPs): consider modifying your goals to match current obstacles and barriers to living independently during the COVID-19 pandemic

- Financial literacy
- Travel during the pandemic
- Getting basic supplies including personal protective equipment (PPE) during a pandemic
- Personal assistance management, extra back-ups, and planning during a pandemic
- Employment skills / requesting reasonable accommodations
- Getting familiar with virtual platforms (Zoom, Microsoft Teams, Google Meets, Skype)
- Skills training on web-based support using computer/smart devices,
- Skills training on web-based support using google docs, email, social media

Peer Mentoring and Support:

- Gather together virtually and in person when it is safe.
 - Social/peer support calls
 - Interactive recreational gatherings
 - Systems advocacy calls
 - Peer mentoring calls

Advocacy:

- Know your rights!
- If you believe you are being discriminated against, you can contact your [local CIL](#) and/or [Disability Law Program](#)

Resources:

- **Domestic violence line:** 1 (800) 799-7233, TTY: 1 (800) 787-3224
- Delaware **Suicide and Crisis Hotlines:** 1(800) 784-2433 and 1(800) 273-8255
- [Mobile Crisis Intervention Services](#) (MCIS):
 - N. Delaware Hotline: (800) 652-2929 and S. Delaware Hotline: (800) 345-6785.
- The Partnership Disability & Disaster Hotline: 1-800-626-4959 or info@disasterstrategies.org

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