

Become a Member

- Regular - \$10
- Organizational - \$100
- Benefactor - \$500
- Lifetime - \$1,000
- Hardship - \$ _____
- Other Contribution - \$ _____

Name: _____

Organization: _____

Phone: _____

Fax: _____

Address: _____

City: _____

State: _____

Zip: _____

Email: _____

Membership fees and contributions to Progress Center are tax-deductible to the extent provided by law.

How to find us

7521 Madison Street
Forest Park, IL 60130
(Parking behind the building)



Also, Satellite in the South suburbs. Contact our Main Office for more information.

**Nothing About Us...
...Without Us!**



Progress Center for Independent Living
7521 Madison Street
Forest Park, IL 60130

**MEMBER OF
INCIL**

Progress Center for Independent Living



*Independent Living...
Service, Peer Support
and
Advocacy
... in Suburban Cook
County*

7521 Madison Street
Forest Park, IL 60130
708-209-1500 V
708-209-1826 TTY
708-209-1735 FAX
info@progresscil.org EMAIL

Progress Center

Progress Center is a:

- Community-based,
- non-profit,
- non residential,
- service and advocacy organization,
- operated
 - for people with disabilities
 - by people with disabilities.



Independent Living...

... is a way of life that includes values, attitudes and behaviors.

... embraces a philosophy that the person, regardless of their disability, has the potential to exercise individual *self-determination*.

... is having the *right and the opportunity* to pursue a course of action. And, it is having the *freedom* to fail - and to learn from one's failures, just as nondisabled people do.



Independent Living (continued)...

... “means that we demand the same *choices and control* in our everyday lives that non-disabled brothers and sisters, neighbors and friends take for granted. We want to grow up in our families, go to the neighborhood school, use the same bus as our neighbors, work in jobs that are in line with our education and abilities, start families of our own. Just as everybody else, we need to be in charge of our lives, think and speak for ourselves.” (A. Ratzka <http://www.independentliving.org>)

Progress Center embraces disability culture...

... the term people with disabilities are increasingly using to describe not only our growing sense of a shared history of social oppression, but also our strategies for coping and thriving, our emerging art and humor, our *sense of community*, and an almost defiant *celebration* of our differences. (adapted from C. Gill)

Services & Advocacy

Progress Center directly assists persons with disabilities to establish lives in the community. We serve and support people with disabilities of all ages to increase and maintain independence. We also assist families and communities.

- **Information and Referral** – Information about any disability related topic, and referral to other resources when needed.
- **Advocacy** – Active support for direct, nonviolent action for disability rights, both at the individual and systemic level.
- **Independent Living Skills** – Training on the know-how to live independently, from budgeting to traveling, from personal assistant management to job seeking, and more. Tell us what you want to learn.
- **Peer Counseling** – Sharing and problem-solving about every day issues with people who understand what it's like: Other people with disabilities.

More Services & Advocacy

- **Personal Assistance** – Recruitment, training and information about using personal assistance services.
- **Travel Training** – Training on the use of public transit under contract with the Regional Transit Authority (RTA).
- **Nursing Home Discharge Program** – Assistance to people who want to move from a nursing home back to their community.
- **Housing** – Assistance with housing issues, including enforcement of the Fair Housing Amendments Act (FHAA).
- **Deaf Services** – All of our services targeted to the deaf/hard of hearing community, as well as TTY distribution and training.
- **Community Education** – Presentations to community groups about independent living, disability rights and disability culture.
- **Volunteer Opportunities** – The chance to expand horizons and build skills.
- **Drop-in Center/Computer Access** – Informal support, resource library and access to computers.
- **Latino Outreach Project** – All of our services, in Spanish or English, targeted to the Latino Disability Community.