



Centers for Independent Living- The Bureau's Independent Living (IL) program provides comprehensive independent living services, through contracts with Connecticut's five community-based independent living centers (ILCs). These centers promote empowerment and self-reliance for persons with disabilities. There are four core services provided by an independent living center: Peer support, Information and Referral, individual and systems advocacy, independent living skills training

Agency Name	Address	City and state	Website	Contact Info	Service Area
Access Independence	300 Long Beach Blvd, Suite #1	Stratford, CT 06615	http://www.accessinct.org	203-378-6977	Fairfield County
Center for Disability Rights	369 Highland Street	West Haven, CT 06516	https://cdr-ct.org/	203-934-7077	ansonia, clinton, durham, essex, haddam, chester, madison, east haven, west haven, woodbridge, bethany, cromwell, north haven, orange, middlefield, old lyme, seymour, east hampton, north branford, old saybrook, portland, southington, deep river, east haddam, meriden, westbrook, branford, derby, guilford, killingworth, middletown, milford, centerbrook, cobalt, higganum, ivoryton, middle haddam, moodus, rockfall, northford, hadlyme, south lyme, lyme, hamden, new haven, wallingford

Disability Network of Eastern Connecticut	19 Ohio Avenue	Norwich, CT 06360	www.dnec.org	860-823-1898	bozrah, colchester, east lyme, groton, lebanon, ledyard, montville, new london, north stonington, norwich, preston, salem, stonington, voluntown, columbia, coventry, willington, ashford, brooklyn, canterbury, chaplin, eastford, hampton, plainfield, pomfret, putnam, scotland, sterling, thompson, windham, woodstock, willimantic, jewett city, franklin, griswold, lisbon, sprague, waterford, mansfield, union, killingly
Independence Northwest	1183 New Haven Road	Naugatuck, CT 06770	http://www.independencenorthwest.org/	203-729-3299	bethel, brookfield, danbury, new fairfield, newtown, redding, sherman, barkhamsted, bethlehem, bridgewater, canaan, colebrook, cornwall, goshen, harwinton, kent, litchfield, morris, new hartford, new milford, norfolk, roxbury, salisbury, sharon, thomaston, washington, watertown, woodbury, beacon falls, cheshire, middlebury, naugatuck, oxford, prospect, southbury, wolcott, ridgefield, hartland, north canaan, torrington, warren, winchester, waterbury
Independence Unlimited	151 New Park Avenue, North Annex, Suite D	Hartford, CT 06106	www.independenceunlimited.org	860-523-5021	avon, berlin, bloomfield, bristol, burlington, canton, east granby, east hartford, east windsor, enfield, glastonbury, granby, hartford, marlborough, newington, plainville, rocky hill, simsbury, south windsor, southington, west hartford, windsor locks, plymouth, andover, bolton, ellington, hebron, somers, stafford, tolland, farmington, manchester, new britain, suffield, wethersfield, windsor, vernon

State of Connecticut Department of Rehabilitation Services	55 Farmington Avenue, 12th floor	Hartford, CT 06105	https://portal.ct.gov/AgingandDisability/Content/Pages/Programs/Independent-Living-Program	860-424-4844	Connecticut
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Other Programs to Assist with Independent Living Skills:					
Organization	Service Description	Address	Phone	Website	
Autism Services & Resources Connecticut (ASRC)	ASRC has partnered up with AANE to offer LifeNet which is a private pay, independent living support program for adults with Asperger's or similar autism spectrum profiles.	101 North Plains Industrial Road, Harvest Park, Wallingford, CT 06492	203-265-7717	https://ct-asrc.org/	
				https://aane.org/services-programs/one-to-one-services/independent-living-support-adults/	

Reviewed
1/30/2025 Nate
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