Independent Living means

“...being in control of your own life, taking responsibility for your actions, taking risks and either failing or succeeding on YOUR own terms.” (NYAIL*)

Begin your journey to self-determination, choice, independence, opportunity, and empowerment at the Finger Lakes Independence Center with our Peer Support Program.

*New York Association on Independent Living

Finger Lakes Independence Center
215 Fifth St. Ithaca, NY 14850
Phone: 607.272.2433
Fax: 607.272.0902
www.fliconline.org
Peer Support is a non-clinical, consumer directed process, which puts the consumer in charge of what is discussed and what action is to be taken.

Peer Support is an opportunity for you to talk to a “peer,” someone with similar experiences, about your goals, options, ideas, and issues you may be facing.

Peer Support is built on respect and equality.

Who provides Peer Support?

At Finger Lakes Independence Center, Peer Support is provided by Advocacy Specialists. By using their personal and professional experience with disability, they can help YOU achieve your goals.

Meet our Advocacy Specialists:
- Jeff Boles
- Emily Papperman
- Rachel Ferrara, MSW

Advocacy Specialist will:
- Actively listen
- Treat you with respect
- Empathize
- Assist
- Educate
- Empower
- Support
- Advocate

“My experience with the peer counseling program has been and continues to be extremely helpful”

What services are included in Peer Support?

Advocacy Specialists are prepared to help you with:
- Independent Living Skills
- Social Security Benefits
- Housing Needs
- Building a Support System
- Community Resources
- Exploring Employment
- Coping Skills
- Self-Advocacy
- Developing Social Networks
- Goal Setting
- Utilizing Financial Resources
- Developing Self-Esteem
- And more!