# 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 selfdetermination, choice, independence, opportunity, and empowerment at the Finger Lakes Independence Center with our Peer Support Program.

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## **Peer Support**

Making Independence a Way of Life...

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### What is Peer Support?

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

#### Meet our Advocacy Specialists:

- Jeff Boles
- Emily Papperman
- Rachel Ferrara, MSW

by Advocacy Specialists. By using their personal and professional experience

with disability, they can help YOU achieve your goals.

#### 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!

