

## Our Mission

To empower all people with disabilities while creating an inclusive society through the elimination of social and architectural barriers.

## Our Vision

- Voice of Empowerment
- Agent for Inclusion
- Catalyst for Change

The Finger Lakes Independence Center assists all members of our community to promote independence and informed choice for all people with disabilities, of any age, while they pursue their personal, employment, social, and recreation goals.



Monday to Friday 9 – 5  
Other hours by appointment

ASL Interpreter available

All services provided at no cost

*FLIC is an equal opportunity employer and service provider and does not discriminate on any basis prohibited by applicable Federal and/or State law including race, color, religion, gender, national origin, disability, age, citizenship status, veteran status, sexual orientation, or gender identity.*

## DO YOU KNOW?

The unemployment rate of people with disabilities is more than double that of the general population.

The poverty rate for working-age people with disabilities is nearly 2.5 times higher than those without disabilities.

More than 50 million people with disabilities, plus their families and friends are potential customers for retail businesses IF the businesses are accessible.

**Are you** a person with a disability?

**Are you** a person wanting to make your business, program, service, or home more accessible to people with disabilities?

**Are you** a person concerned about civil rights for all members of our community?

We can help you!



FLIC is a United Way Partner Agency.

**DISABILITY RIGHTS  
ARE CIVIL RIGHTS**

***Serving Tompkins County  
for more than 30 years!***



Finger Lakes **Independence** Center

*Opening Doors to Independence*

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Voice/TTY 607.272.2433

Fax 607.272.0902

Proudly serving more than 2,000 residents of Tompkins County every year

# Services and Programs



## Information and Referral

FLIC has experienced staff who will help you find the information or service you need, including:

- adaptive/assistive equipment and technology
- accessible housing
- workplace and school accommodations
- sign language interpreters
- support groups
- library of books, DVDs, catalogs and much more

## Personal Advocacy

FLIC helps individuals understand their rights and identify solutions to barriers preventing full participation in their community.

## Peer Counseling

Counselors provide support for people with disabilities to develop short and long-term goals and to solve problems related to attaining them, including employment, housing, accommodations and daily living skills.

## Support Groups

Free, accessible space is available for meetings. Call for current groups, scheduling for new groups and assistance with facilitation of groups.

## Independent Living Skills

FLIC can help individuals develop the skills necessary for independence, including self-advocacy, budgeting, and daily living.

## Student Transition

FLIC can help students build the skills and knowledge necessary to successfully transition from high school to work, college, and independent living as an adult. We also work with students' parents to help them understand options for their child.

## Benefits Advisement

FLIC is available to assist with questions related to eligibility, requirements, procedures, and benefits of Social Services (Medicaid, Medicare) and Social Security (SSI, SSDI) and Medicaid Buy-in. We have a Certified Benefits and Work Incentives Advisor on staff.

## Employment Prep & Supports

For people just starting to explore their employment options, FLIC offers self-advocacy and soft skills assistance. Individuals can also receive services related to receiving SSA disability benefits under the Ticket to Work program through the American Dream Employment Network (ADEN).

## Temporary Ramp Program

For people who need an accessible option to enter and exit their home, modular ramp systems are available for temporary installation by our skilled staff. A refundable deposit is required.

## American Sign Language Classes

Low cost ASL classes are available throughout the year. Call for information.

## Try it Room

Come in and try out low-tech and high-tech assistive equipment before you buy it.

## Loan Closet

Our loan program has a variety of available medical and adaptive equipment including wheelchairs, walkers, crutches, shower stools. Some items require a refundable deposit.

## Community Education & Outreach

FLIC offers free community presentations, workshops, and trainings to schools, organizations, and businesses and offers programs that help to develop awareness, sensitivity, and knowledge about disability issues.

## NY Connects

Helps with long-term services and provides supports to help individuals remain healthy and independent. Call our NY Connects Specialist at 607-793-4981 for assistance.

## Personal Care and Home Care

Both income-eligibility and private pay programs are available to assist community members in hiring and directing their own personal and home care aides. Call for more information and eligibility requirements.

## Systems Advocacy

Elimination of social, attitudinal, and architectural barriers requires change at all levels. Help us educate decision makers and create positive change at all levels in our community and beyond.