

35 years of
commitment

*to persons
living with
disabilities*

Welcome

The Independent Living Center of Southern California, Inc. (ILCSC) is a non-profit 501 (c)(3) consumer-based, non-residential agency providing a wide range of services to a growing population of people with disabilities. ILCSC is dedicated to developing services which will offer persons with disabilities the opportunity to seek an individual course towards independence - while educating the community.

ILCSC was established in 1976, and the Service Office was named in honor of its founder, Darrell McDaniel. ILCSC serves a large geographic area: Glendale, Burbank, the San Fernando Valley, Santa Clarita; and Northern Los Angeles County, including Lancaster and Palmdale.

Individual, corporate and foundation monetary contributions, as well as year-round in-kind donations and volunteer services are gratefully received. ILCSC operations are highly dependent upon community support and individual benefactors.

Upon request, this brochure is available in alternative formats.

ILCSC Locations

www.ilcsc.org

Administration Office Client Assistance Program (CAP)

14407 Gilmore Street, #101
Van Nuys, CA 91401
818-785-6934
TTY: 818-785-7097
FAX: 818-785-0330
ilcsc@ilcsc.org
CAP: 800-524-5272 or 818-785-6934
CAP: ilcscap@ilcsc.org

Training House Job Placement

14151 Haynes Street
Van Nuys, California 91401
818-908-1199 or 818-901-1011
TTY: 818-908-9574
FAX: 818-785-3752
ilcscnrhs@ilcsc.org

Darrell McDaniel Service Office

14354 Haynes Street
Van Nuys, California 91401
818-988-9525
FAX: 818-988-9585
TTY: 818-988-3533
ilcscserv@ilcsc.org

Lancaster Office / CAP

1505 West Avenue J, #102
Lancaster, California 93534
661-942-9726
TTY: 661-723-2509
FAX: 661-723-2427
ilcsclanc@ilcsc.org

Training House Program



Independent Living Center
of Southern California

A non-profit agency since 1976

ILCSC Training House Program

Training House classes are designed to empower clients. Vocational goals are a priority, however all of our classes encourage socialization skills, proper behavior in, and out of the workplace, self-advocacy, and other skills to promote independence in every aspect of the client's life.



Services Provided -

Communication and Language Skills

The client improves their ability to demonstrate knowledge and understanding of effective communication and language skills through reducing barriers to the communication process. Activities involve active listening, speaking, observing, and writing assignments.

Social Adjustment

A chance for clients to engage in group conversations regarding a variety of topics. Listening skills are greatly improved, and the method of give-and-take conversation is taught and encouraged. The objective is for clients to improve their social skills that will be needed to adjust to the workplace.

Coping with Stress in the Workplace

Teaching behavioral, social, and cognitive coping strategies to address stressful situations in the workplace. Provides ways of identifying various stress-related problems and offer simple, effective techniques to cope with stress.

Functional Computer Skills

Prepares clients for the workplace by learning basic skills needed to operate a computer. Includes, but is not limited to: computer basics, Microsoft Windows, Internet Explorer, Microsoft Excel, PowerPoint, email, and scanning.

Independent Living Skills/Activities of Daily Living

Strengthens the client's ability to live independently and maintain specific skills in personal care, social development, home management, problem-solving, community access and safety.

- Health and nutrition
- Fiscal management and budgeting
- Self-care/household management
- Transportation information
- Garage and car maintenance
- Fair housing/apartment hunting
- How to read a map and not get lost

Horticulture

This class is an excellent tool in which to develop new skills, and learn the principles of gardening in a relaxed, yet structured environment. Clients learn how to work together in order to achieve a common goal:

- Develop new social and work skills
- Become knowledgeable on plants and their growth requirements
- Grow fruits, vegetables, flowers, etc., in 3 raised bins, which allows easy access for clients in wheelchairs
- Therapeutic value
- Gain knowledge of safety with gardening tools
- Learn & apply the value of teamwork

Cooking and Meal Planning

A fun, but extremely educational class which prepares the client to be more independent when shopping and in the kitchen:

- Prepare easy, nutritional and low-cost meals
- Identify measuring tools and utensils
- Basic understanding of individual dietary needs
- Kitchen safety

Resources and Referrals

The benefits of the Training House Program don't end with classes, as resources and referrals are readily available to the client in a variety of ways:

- Benefits counseling through the ILCSC Service Office in Van Nuys
- Referrals, beneficial to the client, are provided
- A full-time liaison staff person works to connect clients to housing, benefits, peer counseling, and advocacy.

Compensatory Strategies

Memory deficits are an obstacle for many of our clients. Basic and usable techniques are taught, enhanced, and applied to make everyday tasks achievable.*

- Simple techniques to improve memory deficits: day planners, calendars, reminder notes, etc. Referral-based Assistive Technology Program on premises.

*Compensatory strategies applied to all Training House classes.



Assessment and Evaluation

The clients are required to express their needs and goals to all parties involved in their case. Regular Case Staffing aids in providing the client the necessary arena to voice his/her concerns.

In addition, a structured environment is provided for all parties to discuss and develop appropriate goals, strategies and plans:

- Upon the completion of a six weeks assessment, the client will participate in a Case Staffing to review performance
- Department of Rehabilitation counselors, clients, Training House Staff, and all applicable parties participate
- Goals are discussed, and a plan is developed collaboratively
- After the initial assessment and evaluation, a Case Staffing will be held every six weeks, or as needed
- Liaison with the ILCSC Service Office, and all applicable parties participating

Office Simulation and Work Adjustment

Clients prepare for employment by planning and adding necessary skills in a simulated workplace environment. * In addition, appropriate workplace communication and socialization skills are taught, which can be applied to daily activities. Practical skills in job preparation include:

- Workplace etiquette
- Communication skills
- Dress attire
- Telephone etiquette
- Office skills
- Building confidence
- Integrity in the workplace

* Clients may be referred to the Job Placement Program from this class.

Assistive Technology

Assistance in high and low technology services and equipment which provides support in daily living and employment needs.

Job Placement/Job Coaching

Coordination with the Job Placement/Job Coaching Program.