North Dakota has four Centers for Independent Living (CILs)

**Dakota Center for Independent Living**  
*Offices in Bismarck & Dickinson*  
[https://dakotacil.org/](https://dakotacil.org/)

**Freedom Resource Center for Independent Living**  
*Offices in Fargo, Lisbon, & Wahpeton*  
[https://www.freedomrc.org/](https://www.freedomrc.org/)

**Independence, Inc.**  
*Office in Minot*  
[https://www.independencecil.org/](https://www.independencecil.org/)

**Options Resource Center for Independent Living**  
*Office in East Grand Forks*  
[https://www.myoptions.info/](https://www.myoptions.info/)

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**What are Centers for Independent Living (CIL)?**

Please feel free to contact Pathfinder Services of North Dakota for more information about CILs. We would love to connect with you!

📞 **701.837.7500**

✉️ **info@pathfinder-nd.org**

🌐 **http://pathfinder-nd.org**

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What are Centers for Independent Living?

Centers for Independent Living (CILs) are non-profit, community-based organizations that supports individuals with disabilities in living independently in their community. CILs are designed and operated by individuals with disabilities.

In North Dakota, the state agency that oversees CIL’s is the North Dakota Department of Vocational Rehabilitation.

History

Centers for Independent Living CILs were established under Title VII of the federal Rehabilitation Act of 1973 and every state has them.

Previously, the Department of Education set the rules for CILs, including the requirement that every state has a Statewide Independent Living Council (SILC). However, under the Workforce Innovation and Opportunities Act of 2014, rulemaking authority for CILs was transferred to the Department of Health and the Administration for Community Living (ACL). This transfer aligns with the ACL’s mission of maximizing the independence, well-being, and health of individuals with disabilities across the lifespan and their families and caregivers.

Who is Eligible?

Eligibility guidelines:

Eligibility varies widely from center to center. Each CIL determines their own eligibility criteria and prioritization areas based on a number of factors:

- Availability and quality of services of other community service organization
- Financial resources of the center
- Representation and voices of individuals and groups engaged with particular center
- Priorities of State Council on Independent Living

Contact your local Center for Independent Living to get specific information on their eligibility process.

How Can CILs Help?

CILs provide a variety of supports and services to assist individuals to be independent. The following core Independent Living (IL) services must be provided by funded centers:

- Information and Referral
- IL Skills Training
- Peer Counseling
- Individual and Systems Advocacy
- Transition assistance from nursing homes and other institutions to community-based residences
- Assisting individuals to avoid institutional placement
- Transition of youth with significant disabilities after completion of secondary education to postsecondary life.
- Practice skills to be successful in employment