



# ILO Fact Sheet



ILO is a 501c3 non-profit that helps families, with special needs, in the DC/Maryland area *build supportive communities* for adults with intellectual and developmental disabilities who want to live independently.

ILO supports independent living options that are **safe, affordable, sustainable, inclusive, and community based**.

**Our goal is the utmost independence and self-reliance possible, with a safe network of support as it is needed.**

## ILO Community PODs

Bethesda  
DC  
Gaithersburg  
Germantown  
Rockville

## The ILO Community

Self-Advocates  
Participating Families  
Community Group Members  
ILO Staff, Board of Directors  
and Executive Director

## ILO's Program Components

**Assessment:** Comprehensive Assessment Including In-Person Observation

**Community PODs:** Self-Advocate Peer Groups

**Community Builder Support Staff:** Daily or Weekly

**Coaching:** Life Skills and Job Skills Coaching

**Group Activities:** Social Interaction and Networking

**Long-Term Facilitation:** Physically, Mentally, Financially, Logistically

These components help build **skills, confidence, friendships, and community connections** needed for the rest of their lives.

**The results = long-term stability, resilience, and success in everyday life.**

# Join the ILO Community Group!



**For \$15 a month your family member with developmental disabilities can join an inclusive community of like-minded individuals who want to lead full, rewarding, and independent lives.**

The ILO Community Group is a unique, all ages, members-only group of families who have a loved one with an intellectual or developmental disability interested in transitioning to independent living.

The goal of the Community Group is for families to start growing their network of support to eventually join as a participating family.

## Why Join the ILO Community Group?

- **Build and Foster Peer-to-Peer Relationships**
- **Start the Skills Inventory Process**
- **Learn How ILO Families Are Making This Happen**
- **Attend ILO's 8 Yearly Expert Presentations**
- **Start Building or Strengthening Your Personal Network of Support**

## Member Benefits:

- ▶ Eight Group Events for Self-Advocates
- ▶ Eight Family Workshops
- ▶ Access to the Skills Inventory
- ▶ Private Facebook Group and ListServ
- ▶ \$180 Annually

**Join the ILO Community Group**  
[www.ilonow.org/ilo-community-group](http://www.ilonow.org/ilo-community-group)