



Commitment Agreement

Parent Name(s): (up to 2/family unit)		
Parent Address(es):		
Parent Home & Cell Phones:		
Parent Email:		
Self-Advocate Name:		
Self-Advocate Email:		
Self-Advocate Cell Phone:		
Self-Advocate Full Birthdate:		
Self-Advocate Gender:		

Commitment to Principles

I/We agree with the Vision Statement for Independent Living Opportunities (ILO):

ILO is committed to empowering adults with disabilities in the Greater Washington, DC metropolitan area to live their dreams as fully integrated, contributing, and participating members of their communities.

I/We agree with ILO's Mission Statement:

ILO will help families to create inclusive communities to facilitate networks of support for adults with disabilities to enable them to live independently. We will do this by developing teams of paid and unpaid individuals for our self-advocates as they move out of their family houses and into their own homes. These teams will help the individuals maintain their skills and develop new ones, maximize self-direction, and be full participants in the wider community.

I/We agree with ILO's Core Values:

1. We believe that adults with disabilities are good neighbors and members of the community.
2. We believe that adults with disabilities have skills and are always acquiring new skills.
3. We believe that for adults with disabilities, successfully living independently involves more than just moving out of their family home and into their own house.
4. We believe that adults with disabilities have the right to determine their own choices and preferences for establishing their goals for independence.
5. We believe that all adults are entitled to solicit advice and support from networks of caring advisors, friends, family members and others whom they have identified for this purpose.
6. We believe that adults' interests and preferences evolve and change over time, so we support adults with disabilities' continued exploration and pursuit of new goals and opportunities.

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Commitment to Work/Volunteer on behalf of ILO

I/We agree to work and/or volunteer with ILO by (select at least one):

1. Providing a specific service (e.g., researching grant opportunities that could serve the group's population, creating website for www.ilonow.com)
2. Be a committee head for a specific community
3. Serving as a liaison with a volunteer group which would provide specific service (e.g., a group that would provide weekly cooking classes in apartments for one year)
4. Fundraising (e.g., planning and hosting a fundraiser) or other activity

Describe proposed services: _____

All services of ILO are focused on assisting individuals with developmental disabilities (self-advocates) to successfully live independently in their communities with their families' support.

Participate in the Integrated Living Opportunities Training

I/We understand to join ILO, families participate in Integrated Living Opportunities training. ILO will offer a series of two workshops, workshop materials and onsite consultation to family groups to explore and initiate the placement of self-advocates into Community Living Option Family Partnerships and Community Living Residences. For alternative housing models to be sustainable, families must tap into additional resources available in their own communities, such as churches, disability service providers, city departments, charitable foundations, and other social service organizations. Developing these networks—Community Living Option Family Partnerships—brings together individuals with developmental disabilities (self-advocates), their families, and community partners. This in turn builds networks that support developing housing options (Community Living Residences) and the daily support needed to ensure full lives in the community. The fee for this training is \$2000.

Commitment to Full Life Futures Process™ Skills Inventory

I/We understand that Center for Independent Futures' Full Life Process™ Skills Inventory is an integrated evaluation and interactive assessment of an individual's daily living skills and experiences to help determine the support he or she needs to prepare for and enable a successful transition to living away from home or to increase the level of independence in his/her current living situation. I understand that the initial evaluation will cost \$1,800 and that the application costs \$250 per year*. The Skills Inventory must be completed within twelve months of joining ILO.



Commitment to Organization:

I/We will demonstrate my/our commitment to ILO by:

1. Participating in at least 10 monthly meetings and/or events per year in the first two years after ILO Training.
2. *When ILO contracts with Center for Independent Futures™ there is a fee of \$250 per year to have the Full Life Process™ Skills Inventory web access. Fee is due at the signing Full Life Process™ Skills Inventory contract and renews at the beginning of every year, unless after the completion of the Full Life Process™ Skills Inventory family terminates the web access fee in writing. Fee subject to change per the annual contract with Center for Independent Futures™.
3. Make an annual contribution to Integrated Living Opportunities.
4. Recognize there will be additional fees with the different services provided by ILO*:
 - a. Director of Programming (Case Management) \$90-\$125/hour
 - b. Community Builder Non-Residential Fee \$400/quarter or
 - c. Community Builder Residential Fee \$1200/quarter
 - d. Life Coaching \$50/hour

*Fees Subject to Change January 1, 2023

Planning for the future:

Anticipated time frame for securing independent living (please circle)

____ 2022 ____ 2023 ____ 2024

Likely areas for independent living (please check one)

Gaithersburg

Silver Spring

Germantown

Bethesda

Washington, DC

Other _____

I/We would like to join ILO and accept the above commitments:

Signature/Date

Signature/Date

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