

The MILE Life Skills Program helps people with a physical disability be more independent. It is offered through the Bellwoods Centres for Community Living to people living in the Greater Toronto Area.

Training offered at Bellwoods Centres for Community Living	
Living Situation/Housing <ul style="list-style-type: none"> • Seek housing • Change in living conditions 	Household <ul style="list-style-type: none"> • Shopping • Money management
Eating <ul style="list-style-type: none"> • Feeding and nutrition 	Medication <ul style="list-style-type: none"> • Prescribed and non-prescribed drugs
Communication and Scheduling <ul style="list-style-type: none"> • Telephone use/emergency • Direct your services • Ability to schedule 	Kitchen <ul style="list-style-type: none"> • Using appliances • Food supply/storage • Meal preparation
Mobility <ul style="list-style-type: none"> • Find equipment • Training with mobility devices • Venturing outdoors 	Bathroom and Toilet <ul style="list-style-type: none"> • Seek bathroom/toilet equipment • Training in bath/shower method • Toileting transfer
Finances <ul style="list-style-type: none"> • Budgeting • ODSP • Get equipment funding sources 	Community Services <ul style="list-style-type: none"> • Access attendant services • Shopping & home maintenance • Mental health/addiction support
Personal Care <ul style="list-style-type: none"> • Training with personal equipment • Dress/undress 	Medical/Professional Assistance <ul style="list-style-type: none"> • Accessing family physician • Social work support
Other <ul style="list-style-type: none"> • Leisure/employment/school 	Environmental Hazards <ul style="list-style-type: none"> • Manage clutter

To apply to the program visit the Centre for Independent Living at www.cilt.ca.

To find out more about the program, visit www.bellwoodscentres.org.

Contact your Social Worker for more information.

COMMUNITY

Originally written by: Betty Chau, Rita Mabrucco. ©2015 University Health Network - Toronto Rehab. All rights reserved. **Disclaimer:** Information is provided for educational purposes only. Consult a qualified health professional regarding specific medical concerns or treatment. University Health Network does not assume and disclaims any liability to any party for any loss or damage caused by errors or omissions in this publication.

www.SpinalCordEssentials.ca

SCE2-Ca2-2015-11-04