

Skills and Education

Independent Living Skills

Paraquad's Independent Living Skills Training program gives participants the opportunity to identify skills that will help them live more independently.

Participants work one-on-one with independent living specialists to set independent living goals such as:

- Learning skills after a new disability
- Community recreation
- Socialization and making friends
- Discovering community resources
- Problem solving
- Transportation, public transit or Call-A-Ride
- Personal relationships and sexuality
- Money management and budgeting
- Housing and utilities
- Healthcare
- Planning meals and shopping
- Safety and emergency planning
- Personal care and hygiene



Participants identify their goals and are responsible for working toward them. The specialist provides resources, training, and encouragement to achieve the goal, but the participant maintains control.

For more information, call (314) 289-4200 Monday through Friday from 8 am to 5 pm or email contactus@paraquad.org



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