



We champion
and serve people
with disabilities

The Independent Living Network includes the **Centers for Independent Living** and the **Washington State Independent Living Council**.



Our Community Impact

We provide free services to people with all types of disabilities. Through our organizations' work, we reach approximately 1,000 community members and provide more than 5,000 individualized services every year. Our centers are places where disabled people can find the resources they need in a welcoming and empowering setting. We deliver a wide range of programs that match our participants' and communities' needs. We also educate our communities about ableism and accessibility.

Why Our Work Matters

One in five adults in our state has a disability. Our philosophy is rooted in the belief that people with disabilities should be able to make decisions about their own lives and live as independently as they choose. Our model is different than other disability service organizations because we work peer-to-peer—a majority of our staff and volunteers have disabilities—and we encourage people we serve to take control over their own choices.

Core Services



INFORMATION AND REFERRALS to help people navigate and access community-based resources

SKILLS TRAINING to help people with disabilities live independently and meet their life goals

PEER SUPPORT AND MENTORING for individuals in similar circumstances to share life experiences


TRANSITION SUPPORT for people facing institutionalization, those moving out of institutions and young adults transitioning into adulthood

INDIVIDUAL AND SYSTEMIC ADVOCACY to support people as they empower themselves

Our Statewide Reach



We are independent nonprofit organizations that together serve 23 counties in our state. We also advocate together at the local, state and federal levels to protect the rights of people with disabilities and champion reforms. The Washington State Independent Living Network works in conjunction with community partners, organizations and self-advocates. **Learn more at wasilc.org.**

We are a statewide network of community-based nonprofits providing free services for people with disabilities in Washington state. 



Serving Pierce, San Juan, Island, Skagit, Snohomish, south King, Thurston and Whatcom counties
cfi-wa.org



Serving Chelan, Douglas, Grant, Kittitas and Yakima counties
mycwdr.org



Serving Asotin, Ferry, Garfield, Lincoln, Pend Oreille, Spokane, Stevens and Whitman counties
dacnw.org



Serving King County
disabilityempowerment.org