

# CACIL ACADEMY- 101 & 102

## Skills for Life & Employment

This curriculum involves working with individuals to address issues such as inexperience with the interpersonal and social requirements necessary to function in the world today. The curriculum offers a chance for individuals to improve themselves by working on; initiative, personal presentation, social skills, interpersonal awareness and self-esteem.

The curriculum addresses these issues through several different courses offered at CACIL. These courses are working to improve self-advocacy, community inclusion, behavior modification, soft skills, self-esteem, healthy life-

styles and pre-vocational skills.



What do you want for yourself?

**Dream it... Be it... Do it!**

## Our Vision

For people with disabilities to be included in all aspects of the human experience.

## Mission Statement:

“To enhance the quality of life of people with disabilities.”



Capital Area  
Center For Independent Living  
“Your Disability Resource”

**1048 Pierpont, Suite 9-10  
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## The Capitol Area Center For Independent Living Presents:



# CACIL ACADEMY 101 & 102

Skills for Life & Employment



**Presented by:  
CACIL**

**Tel: 877-834-9683  
Website: [www.cacil.org](http://www.cacil.org)**

## Curriculum-101

This curriculum address issues through several different courses offered at CACIL. The courses work on self-advocacy, community inclusion, behavior modification, soft skills, self-esteem, healthy lifestyles and pre-vocational skills.

- Advocacy Team: self-empowerment, self-advocacy
- Traveling Café: community inclusion, money management, social skills
- Music Therapy: behavior modification, social skills
- RICC: systems advocacy, self-empowerment, team building
- People First: governmental advocacy, education
- Fact or Fiction: educational
- Why We Do What We Do: self-exploration, personal problem solving, self-empowerment
- Basic Sewing: pre-vocational, educational

- Mini Series: educational, self-empowerment
- Enhance Fitness: physical education
- IL Skills: budgeting, menu planning, medication management, health, safety, scheduling, etc.

## Curriculum-102

These course are designed to address specific issues and behaviors or provide skills and knowledge needed toward an employment goal.

- Case Facilitation: housing, medical needs, financial needs, etc.
- Successful Living: building and maintaining a healthy lifestyle
- Soft Skills: etiquette
- Disability Adjustment Counseling
- Vocational Readiness: resume, cover letter, reference letter, job search, practice interviews, etc.
- Hiring a Personal Assistant and Building A Professional Relationship: Hiring a PA or seeking employment as a personal assistant
- Job Coaching/Job Development

## A Little About CACIL...

CACIL was one of the first of three centers for independent living (CIL) in the state of Michigan and was established in 1976 to empower people with disabilities to take control of their lives. We initially served people with disabilities in the greater Lansing area, but have expanded to provide services in Ingham, Eaton, Clinton and Shiawassee Counties. Independent Living is the principle that individuals with any disability, to the fullest extent possible, shall work, live in their own homes, raise families, and participate in the everyday activities of life.

CACIL provides four core services that include the following; information and referral services, community awareness and advocacy, individual skills development and peer support.



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Independent Living

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