



About Us

Founded in 1985, **The Foundation for Independent Living** serves the specific needs of high functioning learning disabled young adults, at least 18 years old, who don't require the structure of a group home, but still need guidance and supervision to live on their own. Toward the end, program goals aim at providing a residence separate from family but assuring a level of supervision that will meet all crisis and emergency needs.

The other objectives of the Foundation are providing social opportunities for residents, helping them function in a competitive employment environment and training for later life when direct family support is no longer available. Basic requirements for admission are a diagnosis of a learning disability, a recent psychological evaluation and an assessment of independent living skills. Our program is designed to stress all the elements in a normal routine of life—waking up by one's self; preparing meals, going to work, making a budget, paying bills and recreational pursuits. In cases where residents still require practice in establishing a normal routine, the program offers individual training.

What sets FIL apart from other residential programs?

One word—**FAMILY**.

Here at FIL, Inc., our team of dedicated professionals are determined to see that every resident feels the love and support of family within every facet of our program. The caring atmosphere has proven to enhance our resident's lives in an impactful way. Because we are a life-through program (no aging out), we recognize the importance of building genuine relationships with each of our residents which subsequently translates over to the way they interact and build lasting friendships with one another.

FIL, Inc. also individualizes its programming to fit the specific needs of everyone that enters the program. Each member has a distinct plan catered to their skillset offering ultimate growth which then leads to true independence.

Independent Trainings

- **Personal Finances** - Residents meet with staff to complete their weekly budget as well as organize and pay any monthly bills.
- **Personal Scheduling** - Time management training is a key component to our success. Every resident has a schedule, personalized to fit their needs.
- **Vocational Assistance** - FIL Vocational Specialist assists with resume writing, interview training, and several other skills needed to secure employment.
- **Community Orientation** - Training to enhance pedestrian skills and familiarity within our local community.
- **Household Maintenance** - Staff assists residents in their homes weekly to improve housecleaning skills.
- **Food Shopping/Meal prep** - Food shopping is completed as a group with staff assistance weekly. Residents are also supported with cooking in their homes.
- **Health and Fitness** - Daily walking groups, personal training and gym groups are instituted into our program's curriculum.
- **Emergency Management** - Training on exit routes, emergency contacts, hurricane preparedness, etc.
- **Community Mobility** - Our fleet of vehicles (two- 14 passenger shuttle buses and five- 8 passenger minivans) transports residents to and from work, church, airport, stores, weekend activities, etc.

Vocational Development

Residents at the Foundation have been assisted in securing a wide variety of employment opportunities. Utilizing program and community resources, resident job matches are developed and maintained with the assistance from FIL's Employment Specialist. This ensures successful matches, job support groups and liaison support between the resident, employer and program. This continued support lasts for the duration of the resident's employment. Residents are supported in a variety of ways via onsite training, schedule management, and transportation assistance. Our Vocational Department also works with families and employers to maintain wage limitations associated with social security disability and other governmental resources.

Day Center

The Foundation for Independent Living Inc. Day Center is an extension of our program which makes us quite unique. This facility is utilized by residents currently not employed in the community. We operate under the philosophy that none of our residents sit home all day; they all wake up with a purpose, so keeping residents engaged is our daily commitment. Our Day Center also incorporates skill-related exercises and topics geared towards being successful with daily living. Trainings include: mindfulness, self-motivation, coping skills, positive self-image and social thinking. Our residents work on these skills together which enhances their socialization skills as a peer group.

Component II

Offered to adults w/ cognitive disabilities whom are fully capable of living independently outside of FIL's primary residences; however, still needs mild assistance in their lives. This component is the perfect transition for higher functioning individuals whom are fully capable of caring for themselves independently, but struggle mastering daily living skills. Whether a college student, or simply someone who has completed transitional programs and are ready to start "real life" -- **Component II** is the ideal placement for them.

Health & Fitness

Promoting healthy lifestyle living to residents is essential to our program. Whether it be daily walking groups, independent gym commuters, or our Healthy Café meal program, residents of FIL understand that positive mental health begins with physical health. We operate under the low-sodium, low-sugar, and moderation dietary design. Whether residents prepare meals independently, or are on our meal plan, we promote healthy eating throughout our program.

**Healthy Café consists of breakfast, lunch, dinner and two snacks daily (included in the Personal Budget breakdown on Fee schedule)*

Special Olympics

Residents of FIL, Inc. are actively involved with the Broward County Division of The Special Olympics of Florida. Our athletes participate in events such as Golf, Tennis, Bowling, Bocce', Volleyball, Basketball to name a few. We have represented our beautiful city in every major competition ranging from Area, State, National and Global Level Competitions. Charitable events and giving back are also ways FIL residents connect with the community.

Social Activities

The Foundation for Independent Living is a place for growth, but also a place of life long fun. Whether it be a nice weekend activity, or a week-long trip, we make time for fun! We partake in weekly adventures such as: Special Attractions, Amusement Parks, Excursions, Program Sponsored Events, Home Entertainment, Concerts, Festivals, Spectator Sports, Theater, and Various Outdoor Activities.

Social Skill Trainings are provided formally through Social Skill Groups and Business Meetings and informally through a variety of evening and weekend cultural/recreational activities, including: Musical Concerts, Annual Black-Tie Affair, Annual Week-Long Vacation, and Community Sporting Events.



FEE SCHEDULE:

MEMBERSHIP/APPLICATION FEE \$5,000.00
One-Time Only Donation, Tax Deductible

PROGRAMMING FEES AND RENT \$3,640.00
Billed Monthly

PERSONAL BUDGET \$1,100.00-\$1,400.00
*Monthly Figure Individualized
Includes ALL Food, Household/Hygiene needs, Cable,
Electric, Cell phone, Clothing, Recreational activities, Etc.*

APARTMENT DEPOSIT \$300.00
*One-Time Fee Per Apartment,
(Due Prior to Move-In)*

WEEKEND TRAVEL (Optional) \$1,400.00
Four weekend trips annually @ \$350.00 each

ANNUAL VACATION TRAVEL (Optional) \$2,500.00 - \$3,000.00
Week-long trip to destination of group's choosing

COMMUNITY GYM MEMBERSHIP \$250.00
Annual Fee

*Doctors, Dentists, Medical Needs Billed Independently of FIL, Inc.

Thank you once again for your interest in The Foundation for Independent Living, Inc.

Please contact us to request additional information.

Thank You.

1 
FIL, Inc.
1367 Lyons Road
Coconut Creek, FL 33066

4
Broward College- North
1000 Coconut Creek Blvd.
Coconut Creek, FL 33066

7
**Butterfly World
(Tradewinds Park)**
3600 West Sample Road
Coconut Creek, FL 33073

2
Cypress Shores Apartment Homes
1901 Lyons Road
Coconut Creek, FL 33063

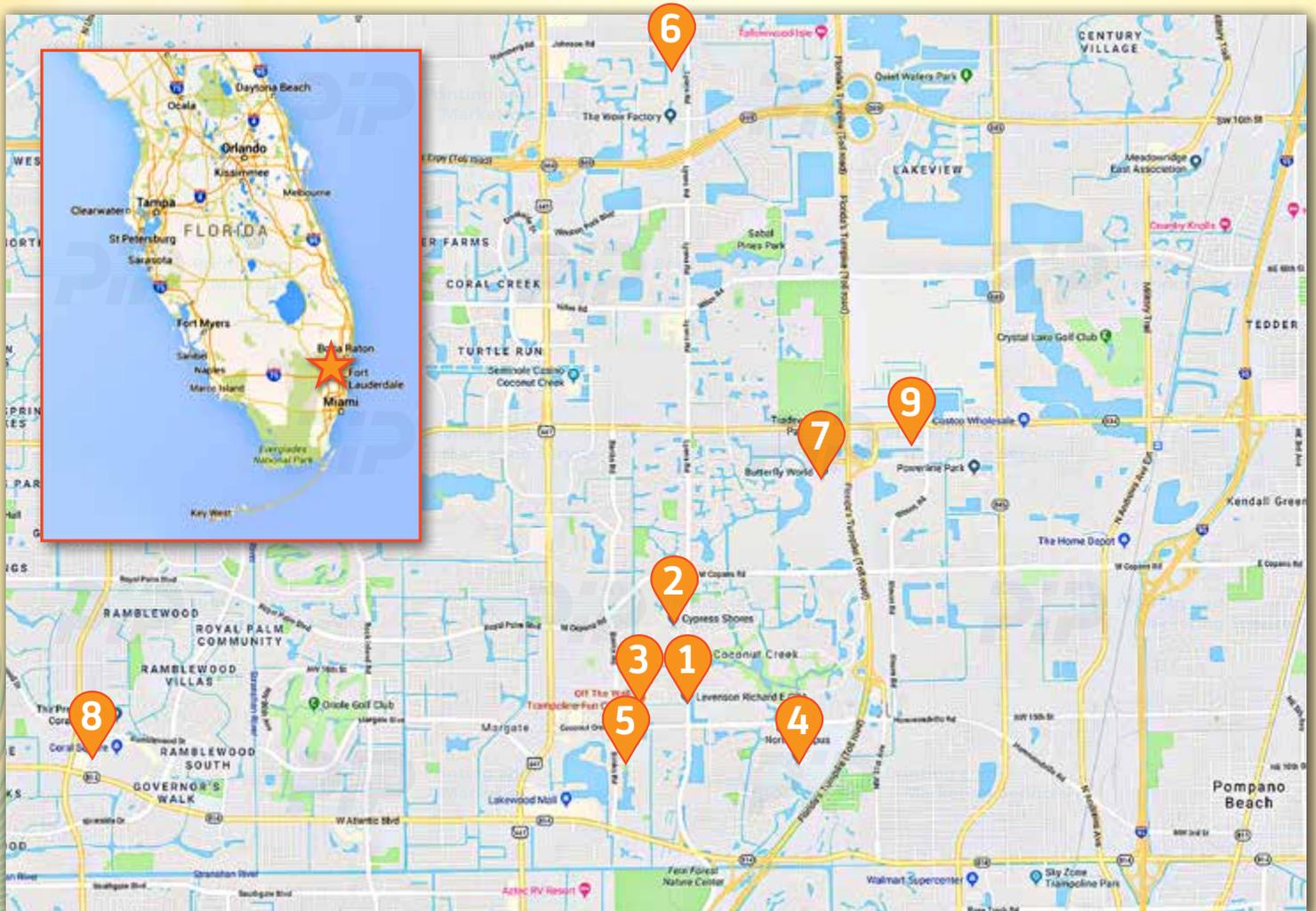
5
Atlantic Technical College
4700 Coconut Creek Parkway
Coconut Creek, FL 33063

8
Coral Square Mall
9469 W Atlantic Blvd
Coral Springs, FL 33071

3
Coconut Creek Plaza
4801 Coconut Creek Pkwy
Coconut Creek, FL 33063

6
Promenade at Coconut Creek
4443 Lyons Road
Coconut Creek, FL 33073

9
Festival Marketplace
2900 W Sample Road
Pompano Beach, FL 33069



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM	Wake up - Morning Routine	Wake up - Morning Routine	Wake up - Morning Routine	Wake up - Morning Routine	Wake up - Morning Routine	Wake up - Morning Routine	Wake up - Morning Routine
7:30 AM	Walking Group 7:30 - 8:15am	LA Fitness AM Group - Meet at Tennis Court	Walking Group 7:30 - 8:15am	LA Fitness AM Group - Meet at Tennis Court	Walking Group 7:30 - 8:15am		
8:00 AM							
9:00 AM							
10:00 AM		WORK - Macy's		WORK - Macy's			Church Group
10:30 AM		WORK - Macy's		WORK - Macy's			
11:00 AM	Financial Skills	WORK - Macy's	Household	WORK - Macy's			
11:30 AM		WORK - Macy's		WORK - Macy's			
12 Noon		WORK - Macy's		WORK - Macy's		Social ACTIVITY	
01:00 PM		WORK - Macy's		WORK - Macy's		Social ACTIVITY	
01:30 PM		WORK - Macy's		WORK - Macy's		Social ACTIVITY	
02:00 PM			Personal Needs			Social ACTIVITY	
02:30 PM		Healthy Habits Cooking Group				Social ACTIVITY	
03:00 PM		Healthy Habits Cooking Group			Group Grocery Shoppers	Social ACTIVITY	
03:30 PM		Healthy Habits Cooking Group				Social ACTIVITY	
04:00 PM							
04:30 PM							
05:00 PM	Dinner at Healthy Café	Dinner at Healthy Café	Dinner at Healthy Café	Dinner at Healthy Café	Dinner at Healthy Café	Dinner with Family	Dinner with Friends
05:30 PM							
06:00 PM	PM GYM Group			Business Meeting			
06:30 PM		PM GYM Group		Independent Grocery Shoppers	Friday Night Outing		
07:00 PM			Ladies Night				
08:00 PM							

Social Skills	Independent Living Skills	Financial Skills	Executive Functioning	Career Development	OFF SITE
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