



Who We Are

The Capital District Center for Independence, Inc. (CDCI) is a non-residential, community based, Independent Living Center (ILC) which offers a wide variety of services to consumers with any and all disabilities, and their families. ILCs teach advocacy from a peer model - that is, where people with disabilities mentor and assist other people with disabilities on how to help themselves and live independently. ILCs promote accessible communities for all, and also educate the greater community about disability rights.

The Capital District Center for

Independence, Inc. is a community organization which advocates to achieve respect, justice and full participation for and with people with disabilities so they can pursue their goals and dreams.



Center for
Independence, Inc.

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Visit us on Facebook

Agency Services



Center for
Independence, Inc.



"ICDCI is an excellent source of information and has been very helpful as I have navigated the system."

-Anonymous

What We Offer

Peer Counseling

Person centered mentoring providing consumers the opportunity for personal growth to achieve goals and facilitate connections through shared experiences.

Individual and Systemic Advocacy

We educate individuals and the community about disabilities rights and responsibilities. We work together to achieve solutions and change when needed.

Information and Referral

ASK US! We can provide you with information and referral to resources which may be available to you throughout the Greater Capital Region.

Independent Living Skills

Person Centered Planning is an approach designed to assist individuals to plan their life and supports. Services promote self-help, equal access, peer role modeling, personal growth and empowerment so that people with disabilities may live in the least restrictive setting of their choice.

Benefits Advisement

Individualized and group counseling and advocacy through information, education and application services on work incentives and other government benefits (SSI, SSDI, DSS, Medicare, Medicaid, the marketplace Veterans and more).

Housing

We offer support and assistance in locating and applying for housing (private, HUD, subsidized or other) in the community of your choosing. Information is also provide on accessibility, modifications, rent, utilities, home ownership and available subsidized programs.

Youth-In-Transition Services

Provides advocacy and information services through our Young Adult Workforce Development (YAWD) program and other youth based programs covering access to education, employment and independent living.

Education Services

Provide advocacy services necessary to achieve an appropriate education in the least restrictive environment to families of students.

Employment Services

Looking for employment? We work with ACCES-VR, CBVIH, State programs and the private sector. Services provided include job readiness, resume building and interviewing skills.

Healthy Living Program

Become a better you! We offer workshops and other opportunities for you to adopt a healthier lifestyle. Please see our website for a current list of healthy living programs.

Transitions Program

We have partnered with the Open Doors Program and the Olmstead Housing Subsidy to help individuals living in a nursing home transition safely to the community.

Reentry Counseling

We assist formally incarcerated individuals transition back into the community.

Presentation Services

Available presentations include benefits advisement, employment information, IL philosophy, disability awareness, and many other disability-related topics. Please see our website for a current list of presentations.

Accessibility Consultations

We offer suggestions on how to make a private or public space more accessible for individuals of all abilities.

Support Groups

We offer a variety of support groups and encourage our consumers to form their own groups in our accessible space. Please see our website for a current list of support groups.

Training/Conference Room

Available for rent with kitchen access. Seating capacity of approximately 40+.