

Helping individuals obtain Independence for over 25 years

Created in 1976, Great Lakes CIL has been actively assisting people with disabilities in realizing their potential, Empowering them to overcome the barriers that keep them from full participation in society.

Our Mission is...

... to empower people with disabilities in achieving independence through participation, education, and self-determination by promoting dignity, well-being, and individual choice.

Core Services

Independent Living Skills

Individual classes are offered, or the consumer may choose a group setting by attending our Independence University program offered four times a year at various locations.

Information & Referral

Our certified I&R Specialists, provide individuals and community based agencies with the most current resources.

Advocacy

We assist individuals with disabilities & their families in receiving the benefits and resources they need to be successful through self and systems advocacy.

Peer Support

Pairing a consumer with an individual who has a disability, and who has gained independent living skills.

Other Services

IL Skills Assessment

Our staff are trained to assess the independent living skills of an individual & provide recommendations on how to increase their level of independence.

Empowerment Training

Assisting individuals in developing their self-esteem and confidence as they increase their independence.

Great Lakes
Center for Independent Living

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Counter Productive

Goal Oriented Behavior

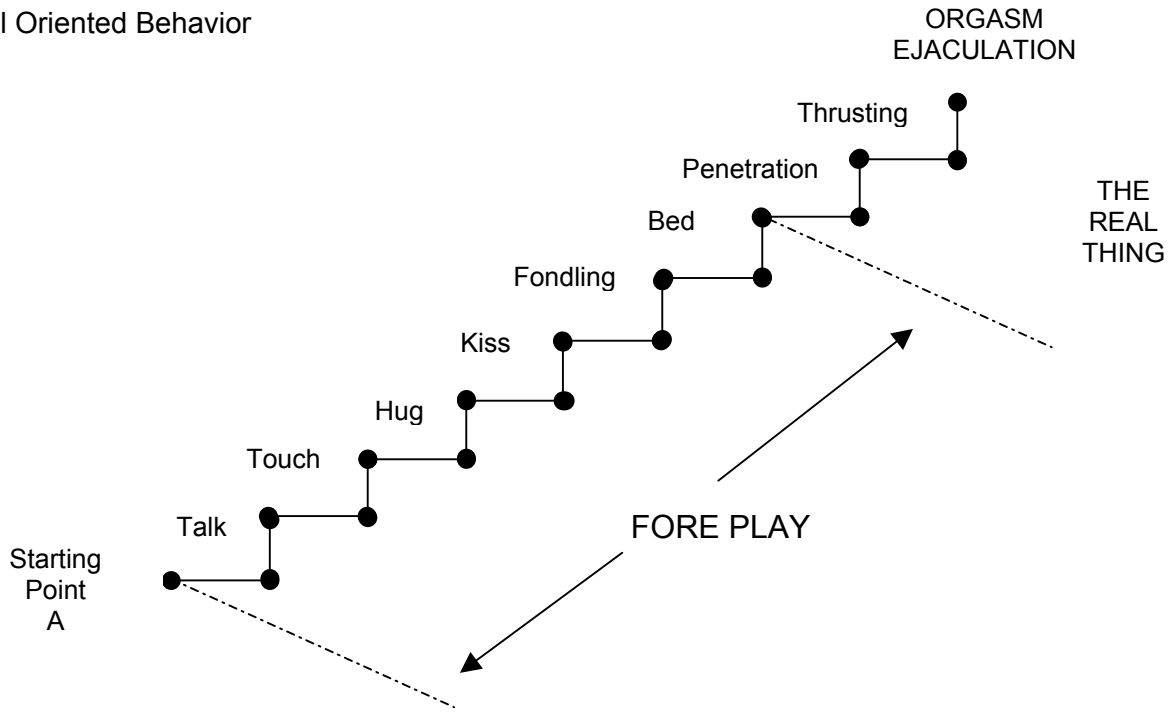


Figure 1



Figure 2

Myths About Sexuality and People With Disabilities

- | | | | |
|-----|--|---|---|
| 1. | Disabled people are asexual. | T | F |
| 2. | Disabled people are oversexed. | T | F |
| 3. | Disabled people are dependent and childlike, generally needing protection. | T | F |
| 4. | Disabled people are like everybody else when it comes to being sexual. | T | F |
| 5. | Sexual intercourse with orgasm is impossible for people with disabilities. | T | F |
| 6. | Relationships only complicate the lives of people with disabilities. | T | F |
| 7. | The more people with disabilities know about sexuality, the more appropriate their behavior will be. | T | F |
| 8. | The best way to protect people with disabilities from sexual exploitation is to limit their freedom. | T | F |
| 9. | Parents of teenagers with disabilities usually do not approve of sex education for their children. | T | F |
| 10. | If a person with a disability has sexual problems, it is almost always a result of his/her disability. | T | F |

Sexual Assault Self-Assessment

Circle the right answer or answers:

1. Sexual assault is:
 - a. When a woman is walking alone at night and a stranger jumps out from behind a bush and forces her to have sex
 - b. Forcing or tricking a person into sexual touching when he or she doesn't want to be touched
 - c. Someone who does not have a disability having sex with someone who does have a disability
 - d. A man using a weapon to force a woman to have sex with him
 - e. A man forcing another man to touch his penis

2. Sexual assault includes:
 - a. Exposing one's genitals to frighten or scare someone
 - b. An adult forcing or tricking a child into sexual touching
 - c. A husband forcing his wife to have sex when she says she doesn't want to
 - d. An obscene phone call, where someone you don't know says nasty things over the phone
 - e. All of the above

Mark a T if you think the statement is true, or an F if you think the statement is false.

3. ____ When someone gives you a hug, it always makes you feel good.
4. ____ Sexual assault could happen on a first date.
5. ____ Sexual assault can happen to men, women and children.
6. ____ Assertiveness means being more aggressive with people you don't like.
7. ____ People who are blind, deaf or otherwise disabled are not likely to be sexually assaulted because rapists feel sorry for them and wouldn't assault them.

8. ____ A person who is blind could prosecute a rapist using non-visual methods of identification such as voice or touch.
9. ____ A person who is deaf could never prosecute a rapist because police departments cannot obtain interpreters for communication.
10. ____ If you stay away from strangers and don't go out alone at night, you will never be sexually assaulted.
11. ____ It's a good idea not to let strangers into the house without identification.
12. ____ If you are sexually assaulted, you should report the crime to the police and go to the nearest hospital emergency room.
13. ____ If you were sexually assaulted a long time ago, it is best to try to forget about it. Don't tell anyone.
14. ____ Incest (where a child is sexually assaulted by someone in the family) is against the law.
15. ____ If a woman meets a man in a bar and decides to let him take her home, she is really saying, "I want to have sex with you."
16. ____ Women often say they don't want to have sex with men when they really do want to have sex. So, if you are with a woman who says she doesn't want sex, you should force her into it.
17. ____ If a woman goes out on a date with a man and the man pays for the food, the woman should have sex with him to say thank you, even if she really doesn't want to.
18. ____ People who have been sexually assaulted often feel worthless and dirty.
19. ____ If you have been sexually assaulted and you tell someone and they don't believe you, you should tell someone else.

Choose the best answer:

20. If a friend tries to hug you and you don't want to be hugged, you should:
 - a. Move away and not say anything
 - b. Hug the person back so that you don't hurt their feelings
 - c. Say something like, "I like you, but I don't want a hug now."
 - d. Push the person away and yell, "Leave me alone."