



# Independent Living Vernon

Promoting a new perspective on disability

## Services for People with disabilities

**Dogs for Independence Walk:** October 16, 2011 to raise awareness of Assistance Dogs and their many duties. \$20.00 registration fee includes Brown Bag Breakfast, dog walk, and prizes.

**Disability Parking Placards:** Permits allow people with mobility disabilities to park in designated parking spots. Permits are issued to qualified applicants upon receipt of the completed application-medical professional approval required. \$18.00 processing fee is required.

**Peer Support:** People with disabilities can meet to participate in social and recreational activities. Friday: 1:00-3:00pm Adults with a variety of disabilities. Monday: 3:30-5:30pm Youth with disabilities between the ages of 16-29 years.

**Information & Referral:** Find out about community resources and government programs. Some examples are the Disability Tax Credit, Registered Disability Savings Plan, or Fuel Tax Rebates.

**Free computer and Internet access.** One on one computer instruction available. Please call to book an appointment.

**Employment Program** for people with disabilities: one on one support with employment activities, disability related supports and assistive technology needs.

## Accessible Physical Activities for people with disabilities

**Trailrider:** IL Vernon has 2 Black Diamond Trailriders available for people with a variety of disabilities to go hiking on moderate to advanced trails around the North Okanagan. \$10.00 rental fee or a \$25.00 ILV yearly membership.

**Indoor Adaptive Rowing:** ILV has 2 indoor rowing machines, suited to all ages and abilities. Come out on Wednesday's 5:00-6:00 pm. No experience necessary. \$12.00 per year (includes tax and Rowing Canada Aviron fees).

**Cycling for Independence:** May 6, 2012 come and participate in a fun ride crank-hammers cycle event to raise money for ILV. \$25.00 registration fee includes cycle, lunch, and prizes.

For more information on the services offered by Independent Living Vernon:

Address: #107, 3402-27th Avenue, Vernon (People Place)

Phone: 250-545-9292 or Toll Free: 1-877-288-1088

Email: [info@ilvernon.ca](mailto:info@ilvernon.ca)

Website: <http://ilvernon.ca>

Blog: <http://ilvernon.blogspot.com>

Facebook: Independent Living Vernon

Twitter: @ILVernon

## More accessible Fall/Winter physical activities for people with disabilities

**Adaptive Rowing:** Vernon Rowing Paddling Club is open to all people with a variety of disabilities and is the largest in western Canada. Contact Lisa George at the Vernon Rowing and Paddling Centre at [lisa@gorowandpaddle.org](mailto:lisa@gorowandpaddle.org).

**Beach Access:** Wheelchair beach access ramp at Paddle Wheel Park, next to Paddle Wheel Hall. **75% discount for People with Disabilities** through Parks and Recreation. For more information, contact 250-545-6035.

**Adaptive Cross Country Skiing:** Contact Sovereign Lake Nordic Centre 250-558-3036

**Silver Star Adaptive Snow Sports:** SSASS teaches and assists persons with disabilities to ski and snowboard at Silver Star Mountain Resort. For information, contact 250- 260-3737 or [info@ssass.bc.ca](mailto:info@ssass.bc.ca)