

LIFT EMPOWERS THOSE WITH DISABILITIES IN THE COMMUNITIES WE SERVE



Ray Hunt is the newest addition to LIFT's family. He is replacing Becca as the Consumer Support Specialist. Meeting with the consumers for the first time with Becca, this is what he learned from the one visit...

"Samantha" (name changed for privacy) is a senior woman who's been living on her own for many years. In 2019, Samantha decided she had concerns about managing household responsibilities and wanted extra help staying on top of certain activities - paying various bills, checking to make sure benefit checks were deposited into her checking account, and other tasks she performs on a routine basis. She decided to connect with Life and Independence for Today (LIFT), after a friend, who's also a "consumer" of LIFT services, highly recommended she do so.

For over 30 years, LIFT, a 501 (c)(3) non-profit agency has been dedicated to helping individuals with all types of disabilities to live independently.

To sum up "Samantha's" comments and feelings about the years of care provided by the LIFT staff, she simply says, "these people are a Godsend and I'm so grateful for their help - I couldn't manage my day-to-day activities without them." Check out our website or call today.

Life and Independence For Today



Empowering people with disabilities

Life and Independence for Today Empowers Independence

Serving Cameron, Clearfield, Elk, Jefferson, McKean & Potter Counties

- **Advocacy**

Know your rights and make your voice heard. We provide information and support to help you create positive change for yourself and your community.

- **Independent Living Skills**

Do you need assistance with everyday activities? We can provide guidance and direction to help you learn the skills to perform the tasks needed to remain independent and safe in your own home.

- **Information & Referral**

Looking for disability related resources or services within your community? Give us a call. If we cannot directly offer the services to assist you, we can use our knowledge of resources to guide you in the right direction.

- **Peer Mentoring**

Would you like someone to talk to about challenges you face as a person with a disability? Our peer mentors are here to listen, and to provide you with a shoulder to lean on with someone who understands your challenges.

503 E. Arch Street, St. Marys
(814) 781-3050 or 800-341-LIFT
www.liftcil.org

Call today to learn more
about our free services.

Let us know how we
can help you live your
best independent life!