

# SAILS Information

# Services for the Communities

How can SAILS assist you or your family members?

SAILS helps individuals with any disabilities: mental, physical, cognitive, and sensory.

At SAILS, you can:

- Learn skills to become independent
- Meet other people with disABILITIES
- Receive information and referrals
- Learn how to advocate
- Learn how to volunteer at SAILS
- Be a part of our community

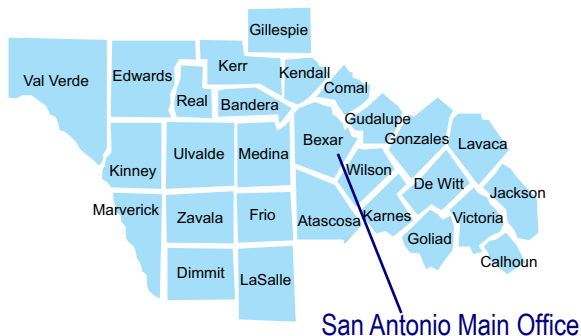
Mr. Ken Beary lives independently



Mrs. Christine Mesa-Capetillo learns about Americans with Disabilities Act

- Americans with Disabilities Act (ADA) Education and Awareness
- Disabilities Awareness Workshops
- Sensitivity Trainings

## SAILS Service Areas



### SAILS Office Hours

Monday - Friday 8:00am - 5:00pm  
 11306 Sir Winston Street Bldg F  
 San Antonio, Texas 78216  
 210.281.1878 V/TDD  
 210.281.1759 FAX  
<https://sailstx.org>

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However, these contents do not necessarily represent the policy of the HHS, ACL, and you should not assume endorsement by local, state, or federal government.



Since 1981, SAILS has worked to make San Antonio and the surrounding counties a better place to live, work and play for people with disABILITIES

## Our Mission

To advocate for the rights and empowerment of the people with disABILITIES and to provide needed services to people with disABILITIES in order to increase their self-determination and independence

# Independent Living Philosophy



SAILS support group meeting

People with disABILITIES have the right to be treated with dignity and respect; the right to live and receive services in their own homes, and to decide for themselves what is the best for them.

Independent Living is different from other social services in that people with disABILITIES decide what services are needed and the best way to receive those services. This allows individuals more control over their own lives and leads to independence.

For more information, visit our website:  
<https://sailstx.org>

# Five Core Services

## ADVOCACY

Provide information and assistance for people with disabilities and their families in accessing support systems and promoting changes that enhance full access to the community. Provide education on the Americans with Disabilities Act (ADA) and information about disability rights.

## INFORMATION AND REFERRAL

Provide up-to-date information referrals for community resources.

## INDEPENDENT LIVING SKILLS

Provide one-on-one and workshops to enhance the ability to live independently.

## PEER SUPPORT

Offer opportunities to interact and share information with peers.

## TRANSITION SERVICES

Provide assistance for transition from a nursing home to community living.

Support Groups meet every first Friday, third Wednesday and fourth Thursday of the month



# Other Vital Programs

## SERVICES FOR THE DEAF AND PERSONS WHO ARE BLIND

Provide assistance to persons who are deaf/hard of hearing and deaf and blind.

## ACCESSIBLE COMPUTER LAB

Consumers have access to free computer lab and a variety of trainings/workshops.

## RECREATION/SOCIAL EVENTS

Provide opportunities for persons with disabilities to participate in various community activities, such as Americans with Disability Act (ADA) celebration.



Ms. Mary LeBlanc, a SAILS consumer, benefits from housing assistance program