

What Are Centers for Independent Living?



The Independent Living (IL) philosophy is rooted in self-direction and consumer choice, ensuring that people with disabilities have control over their own lives and the services they receive. CILs are community-based, nonprofit organizations that help people with disabilities live independently and participate fully in society. They are run by and for people with disabilities, providing essential services that promote self-sufficiency, access, and inclusion.

How CILs Make a Difference

CILs in Texas provide:

- Independent Living Skills Training – Helping people with disabilities develop skills for daily life, employment, and self-sufficiency.
- Advocacy & Rights Education – Ensuring that Texans with disabilities understand their rights and have a voice in policies that affect them.
- Transition Services – Assisting people with disabilities to move from institutions into the community and supporting youth transitioning to adulthood.
- Peer Support & Mentoring – Providing guidance from others with lived experience.
- Information & Referral – Connecting individuals with vital community resources.

Investing in Independence Strengthens Texas

When we invest in independent living, we promote self-reliance, personal responsibility, and cost-effective solutions that benefit individuals and the state as a whole. CILs help people with disabilities contribute their talents, participate in their communities, and live with dignity—without unnecessary reliance on high-cost institutional care.

The Economic Impact of CILs in Texas

CILs don't just transform lives—they also reduce costs for taxpayers by offering practical, cost-effective solutions that prevent more expensive institutional care and long-term dependence on government assistance.

- Cost Savings: The average annual cost of institutional care in Texas is \$60,000+ per person, while community-based supports cost significantly less.
- Reducing Medicaid Expenses: CILs help people transition out of nursing homes and prevent unnecessary placements, reducing state Medicaid spending.
- Workforce & Economic Contributions: CILs empower Texans with disabilities to enter the workforce, increasing tax revenue and reducing reliance on government-funded support programs.

CILs in Texas: By the Numbers

- 27 CILs serving communities across Texas
- Tens of thousands of Texans receive services each year
- Millions saved annually through diversion from institutional settings

Find Your Local CIL & Get Involved: www.reachcils.org

INVESTING IN INDEPENDENCE SAVES TEXAS MONEY

CILs help people with disabilities live independently in the community, reducing reliance on costly institutional care and long-term government-funded programs. The financial benefits of CIL services extend across Texas, positively impacting taxpayers, Medicaid expenditures, and workforce participation.

KEY ECONOMIC BENEFITS OF CILS

1. Cost Savings from Community-Based Services

- Institutional Care Costs: The average cost of a nursing home in Texas is \$60,000+ per year per person (Texas Health and Human Services, 2023).
- Community-Based Support Costs: Home and community-based services (HCBS) cost significantly less—on average, 50-75% lower than institutional care (Texas Medicaid & CHIP, 2022).
- CIL Diversion Impact: CILs help individuals transition out of institutions or avoid placement altogether, saving millions in Medicaid-funded nursing home expenditures annually (Administration for Community Living, 2022).

2. Reducing Medicaid & State Budget Burdens

- Medicaid Savings: Texas spends over \$4 billion annually on long-term services and supports (LTSS), with institutional care consuming a significant portion (Texas Legislative Budget Board, 2023).
- CILs Help Reduce Costs: By assisting individuals in living independently, CILs help shift spending to lower-cost community-based programs, reducing overall Medicaid expenditures.
- Example Impact: A single person avoiding nursing home placement for five years due to CIL services can save Texas taxpayers \$250,000–\$300,000 in Medicaid costs.

3. Workforce & Economic Contributions

- Employment Support: CILs provide skills training, job placement assistance, and peer mentoring, enabling individuals with disabilities to enter or remain in the workforce.
- Increased Earnings & Tax Revenue: Individuals with disabilities who gain employment through CIL services contribute to Texas' economy through income taxes and reduced reliance on public assistance.
- Business Benefits: Increased workforce participation leads to more consumer spending and economic activity, benefiting local businesses and communities.

CILS IN TEXAS: BY THE NUMBERS


- 27 CILs across Texas providing services in urban and rural communities.
- Tens of thousands of Texans with disabilities receive services annually.
- Millions in taxpayer savings through reduced institutional placements and Medicaid expenditures.

CILs Strengthen Texas Through Smart Investments

Supporting CILs means investing in cost-effective, community-based solutions that reduce government spending, promote independence, and drive economic growth. Expanding access to CIL services helps Texans with disabilities live full, self-sufficient lives while ensuring responsible use of state resources.

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Sources:

-  [Administration for Community Living \(ACL\), 2022 Performance Report](#)
- Texas Health and Human Services Commission, 2023 Data on LTSS Costs
- Texas Medicaid & CHIP Annual Report, 2022
- Texas Legislative Budget Board, 2023 Medicaid Expenditures Analysis

For more information, contact your local CIL or visit: www.reachcils.org

Overview

Centers for Independent Living (CILs) provide critical services that empower people with disabilities to live independently, reducing reliance on institutional care and costly government services. Investing in CILs leads to significant taxpayer savings by promoting cost-effective, community-based support.

Key Cost Savings from CIL Services

1. CILs Reduce Medicaid Costs by Preventing Institutionalization

- Institutional care, such as nursing homes, costs an average of \$90,000–\$100,000 per person per year (Genworth, 2023).
- By contrast, home- and community-based services (HCBS), including those provided by CILs, typically cost under \$30,000 per year per person (National Council on Disability, 2020).
- A study by the Centers for Medicare & Medicaid Services (CMS) found that transitioning individuals from institutions to community-based services saves states an average of \$22,000 per person annually (CMS, 2022).

2. CILs Facilitate Cost-Saving Transitions Through the Money Follows the Person (MFP) Program

- MFP data shows that individuals transitioning to independent living require fewer costly services over time.
- CMS reports that MFP participants have 30% lower healthcare costs than those remaining in institutions (CMS, 2021).
- Between 2008 and 2020, MFP helped over 100,000 individuals transition from institutional settings, saving hundreds of millions in Medicaid expenditures (CMS, 2021).

3. State-Level Studies Confirm Savings

- Texas: Expanding CIL services could save the state an estimated \$10 million annually in Medicaid costs by reducing institutional placements (Texas Health and Human Services Commission, 2020).
- California: The state's Olmstead Plan emphasizes that investments in independent living programs significantly lower Medicaid and long-term care costs (California Department of Health Care Services, 2021).

4. Economic Benefits of Independent Living

- For every \$1 invested in CILs, states see multiple dollars in savings due to reduced emergency healthcare costs, lower institutional expenditures, and increased workforce participation.
- CILs assist people with disabilities in securing housing, transportation, and employment, reducing dependency on government assistance programs (Administration for Community Living, 2021).

Policy Recommendations:

To maximize taxpayer savings and improve quality of life for people with disabilities, policymakers should:

- Increase funding for CILs to expand transition services and prevent unnecessary institutionalization.
- Support and expand the Money Follows the Person (MFP) program to facilitate cost-saving transitions.
- Ensure Medicaid reimbursement for CIL services to sustain independent living initiatives.
- Recognize CILs as a critical part of the long-term care system in state and federal policy planning.

Sources:

Administration for Community Living. (2021). Independent Living Services Program Performance Report.
California Department of Health Care Services. (2021). California Olmstead Plan.
Centers for Medicare & Medicaid Services. (2021). Money Follows the Person Demonstration Report.
Centers for Medicare & Medicaid Services. (2022). Medicaid Long-Term Services and Supports Expenditure Report.
Genworth. (2023). Cost of Care Survey.
National Council on Disability. (2020). The Case for Independent Living Services.
Texas Health and Human Services Commission. (2020). Medicaid Cost Savings through Community-Based Services.

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