

ABILITY360[®]

ADVOCACY | INDEPENDENCE | EQUALITY



SERVING ARIZONA SINCE 1981



ABOUT ABILITY360

Ability360 is a non-profit 501(c)(3) organization and the largest Center for Independent Living in Arizona.

Our cross-disability, non-residential programs promote and advocate personal responsibility as a means to independence and quality of life. We empower individuals to achieve consumer choice, community integration, financial self-sufficiency and equal opportunity.

ABILITY360 CENTER

Ability360 is co-located with 11 other disability services organizations at the Ability360 Center, along with the Ability360 Sports & Fitness Center, at 50th Street and Washington Street in Phoenix.



Welcome to the new Ability360, formerly Arizona Bridge to Independent Living (ABIL). Ability360 continues our 35-year tradition of promoting and providing empowering programs and services to help individuals achieve and

maintain independence. Although our name and logo have changed, you will experience the same great people, continued leadership and trusted services. I invite you to read more about Ability360 and our many programs, including the Ability360 Sports & Fitness Center (formerly SpoFit), and to visit our main campus at Ability360 Center (formerly Disability Empowerment Center).

Phil Pangrazio

President & CEO



Ability360 offers and promotes programs designed to empower people with disabilities to take personal responsibility so that they may achieve or continue independent lifestyles within the community.

COMMUNITY INTEGRATION

Community Integration (CI) programs offer something for everyone, with empowerment, independence, consumer choice and self-determination at the heart of all programs.

- Information & Referral / Loan Closet 602/296.0536
- Home Modification
- Reintegration
- Empowering Youth in Transition
- Community Living Options
- Socialization Through Recreation
- Early Intervention
- Independent Living Skills
- Mast House - Transitional Living

ADA SERVICES

Ability360 provides technical assistance and information on all aspects of the Americans with Disabilities Act.

ADVOCACY

Need help advocating for accessible buildings, transportation, housing, healthcare or government programs? Ability360 offers technical information, training and support. We provide individual and systems advocacy. Enroll for Empower! Advocacy Alerts to stay updated on current disability issues and events: Ability360.org

THIS IS MY LIFE

This program teaches self-advocacy and self-determination skills to individuals 16 and older who receive services from the Division of Developmental Disabilities.

PEER SUPPORT

If you are adapting to life with a disability, transitioning to adulthood or independent living, a peer mentor volunteer can help you achieve your independent living goals by sharing experience and knowledge. Maybe you have experience and knowledge to share...become a peer mentor volunteer!

SPORTS & FITNESS CENTER

The Sports & Fitness Center is located on the Ability360 campus at 50th and Washington Street. The adaptive facility provides sports, fitness and recreation programs for people with disabilities and their families. The center hosts numerous national adaptive sporting events.

The Sports & Fitness Center is open 6 days per week and offers:

- Sport Courts
- Indoor Track
- Rock Climbing Wall
- Aquatic Center
- Group Fitness Center
- Adaptive Fitness Equipment
- Accessible Locker Rooms, Showers
- Daily, Monthly & Annual Membership

HOME CARE SERVICES

Trained caregivers provide assistance with daily living chores (housekeeping, dressing, bathing, meal preparation, etc.) for individuals eligible for Arizona Long Term Care Services (ALTCS). You choose whom, and supervise if you want. We'll even hire your recruit! You are in control.

BENEFITS 2 WORK AZ / WORK INCENTIVES CONSULTING

Do you want to go to work, but need to know what will happen to your medical and Social Security benefits? We can help analyze your individual situation, determine what work incentives apply to you and help you make a plan toward self-sufficiency through work.

EMPLOYMENT SERVICES

AES provides assistance to people receiving Social Security (SSI or SSDI) benefits who wish to start or return to work. Ability360 Employment Services offers a variety of services to help people leave poverty behind and become economically self-sufficient.

THEATRE360

A troupe of Valley-based artists dedicated to the personal, social and political voices of people with disabilities. We present original theatre pieces born out of the life experiences and artistry of people with disabilities and offer periodic workshops for beginning and seasoned artists.

LIVABILITY

LivAbility is Ability360's free quarterly magazine distributed throughout Arizona. Available at Ability360.org

ABILITY360 LOCATIONS

MAIN OFFICE

Ability360 Center
5025 E. Washington St., Ste. 200
Phoenix, AZ 85034
Office (602) 256.2245

Sports & Fitness Center (602) 386.4566
Employment Services (602) 443.0701
Benefits 2 Work (602) 443.0720
Advocacy (602) 443.0738

CENTRAL OFFICE

1229 E. Washington St.
Phoenix, AZ 85034
Office (602) 296.0551

MESA OFFICE

2150 S. Country Club, #10
Mesa, AZ 85210
Office (480) 655.9750

GLENDALE OFFICE

6829 N. 57th Ave.
Glendale, AZ 85301
Office (602) 424.4100

PINAL-GILA COUNTY OFFICE

1419 N. Arizona Blvd.
Coolidge, AZ 85128
Office (520) 316.4300

PIMA COUNTY OFFICE

1001 N. Alvernon Way
Tucson, AZ. 85711
Office (520) 449.8375

TOLL FREE (800) 280.2245

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info@ability360.org

ABILITY360.ORG



All Ability360 locations are fragrance-free, tobacco-free environments. Please do not wear scented products or smoke when visiting any of our offices, programs or events.

Alternate format materials available upon request.