

## What is Peer Support in Independent Living

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## What is Peer Support

- What does your Center do around peer support currently?

## Why is Peer Support Important

- It's a Core Service
- A way to connect persons with disabilities
- Why do you think Peer Support is important?

## Types of Peer Support

- Are you doing individual peer support? Group Peer Support? Both?
- How do you track peer support?

## Peer Support Training

- What sort of training or support do you have in building your peer support programs?

## Peer Support and the COVID Pandemic

- How has COVID changed how you interact or think of peer support?

## Peer Support Program Resources made (very) easy by Independent Living Research Utilization = ILRU:

- List of ILRU Peer Support Program Trainings - [ILRU peer support program trainings](#)
- Building an Effective Peer Support Program: A Proven Volunteer Model (15 Hours)
- [Building effective peer support program](#)
- Get to the Core of It - Peer Support: Best Practices in the CIL Core Services (1.5 Hrs)
- [Peer support best practice in the CIL core services](#)
- Building an Effective Peer Support Program - Online Course Manual
- [Building an effective peer support program](#)
- Empowering Persons with Psychiatric Disabilities: The Role of the Peer Model in CILs (15 Hours)
- [Empowering persons with psychiatric disabilities](#)
- [Rural Conversation Community: Peer Support for COVID-19 \(1 Hour\)](#)

- [community-peer-support-for-covid-19](#)
- Get to the Core of It: Best Practices in the Four Core Services, Peer Support - A Proven Volunteer Model (1.5 Hours)
- [best practices four core services-peer-support-proven volunteer model](#)

## Other Peer Support Program Resources to Consider

- APRIL
- [april rural conversations](#)
- disABILITY LINK
- [disabilitylink peer-support](#)
- SARTAC = Self Advocacy Resource and Assistance Center
- [self-advocacy information](#)
- GMHCN = Georgia Mental Health Consumer Network
- [georgia peer-support institute](#)
- GAO = Government Accountability Office (best practice research)
- [government accountability office best practice research](#)

## Questions

- What more do you want to know and learn about peer support?