



Independent Living Canada Vie autonome Canada

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IL Canada Marks 40 Years of Advancing Independent Living and Disability Rights Across Canada

2026 anniversary year to celebrate four decades of leadership, community, and impact

Ottawa, ON — January 2026 — Independent Living Canada (IL Canada) is proud to announce its 40th anniversary in 2026, marking four decades of national leadership in advancing the rights, inclusion, and self-determination of people with disabilities across Canada.

Founded in 1986, IL Canada has worked alongside its Member Centres, partners, and communities to champion the Independent Living philosophy—supporting people with disabilities to live with choice, dignity, and control over their own lives. Over the past 40 years, IL Canada has played a pivotal role in shaping public dialogue, influencing policy, strengthening community-based services, and amplifying the voices of people with disabilities nationwide.

“Reaching 40 years is both a celebration and a call to action,” said **Freda Uwa, National Director of IL Canada**. “It is an opportunity to honour the advocates, leaders, and communities who built this movement, while recommitting ourselves to a future where accessibility, equity, and inclusion are not aspirations, but realities.”

Throughout 2026, IL Canada will mark its 40th anniversary with a year-long series of activities, storytelling, and reflections that highlight the organization’s history, the impact of the Independent Living movement, and the people who continue to drive change at the local, provincial, and national levels. A commemorative 40th anniversary logo is being unveiled and shared widely with our members and network to recognize this milestone year.

The anniversary will also spotlight the ongoing work still required to remove systemic barriers faced by people with disabilities, including inequities in access, supports, housing, employment, and community participation.

“As we celebrate how far we’ve come, we are equally focused on where we need to go,” added Uwa. “The next chapter of Independent Living in Canada must be led by people with disabilities, grounded in intersectionality, and responsive to the realities of today and tomorrow.”

More details about IL Canada’s 40th anniversary initiatives will be shared throughout 2026.

About Independent Living Canada (IL Canada)

Independent Living Canada is a national organization representing a network of 24 Independent Living Resource Centres across the country. IL Canada promotes the Independent Living philosophy and works to advance the rights, inclusion, and full participation of people with disabilities in all aspects of society.



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