

My housing and support plan



Instructions



As you work through the housing and support plan document, you will be asked to consider the following:

- What is important to you about your home (physical structure, location, size, etc.)?
- What kind of supports you need and how to best support you?
- What type of home you want to live in (apartment, house, condo, room and board, etc.)?
- Who you want to live with (alone, housemates, family)?
- What activities need to be present?
- What professional services need to be present to support you?

You will also be asked to:

- Complete a schedule of what you do throughout the day and what kind of assistance (if any) you need during those activities.
- Consider where technology may help you to build independence and lower your worker support costs.
- Think about your natural relationships (friends and family) and how they may help you to live as independently as possible through supports or financial assistance.
- Explore generic services in your community that may assist as well as MCCSS funding or funded services that you may have access to and how to best utilize these services and supports within your housing and support plan.
- Consider a budget for monthly living expenses and any initial costs you may have.
- Highlight any gaps that still exist after all resources are explored.

The instruction template that follows highlights some things to consider in each area of the form. You can work through this form on your own with the help of these instructions, or you can connect with your local DSO Housing Navigator for guidance or assistance.

My housing and support plan

Name:

Age (when form was completed):

Date (when form is fully complete):

Grand total monthly amount
needed to support your plan
(see financial summary):



This form was completed with the help of (list everyone who helped you complete this form):

Name	Position / Relationship to plan owner

My basic information



My current address and who I currently live with	
My current diagnosis	
My communication preferences (how do you best communicate and how can people best communicate with you)	
My mobility aids that I use (always or sometimes)	
My Supports Intensity Scale (SIS) score (you can get it off of your Summary Report completed by your DSO Assessor)	
My self funding supports	
My funding or funded supports that I am currently receiving (e.g., Passport, day program, individualized funding, residential, Ministry of Health (LHIN's), etc.)	
My level of education	
My residential history (e.g., college residence, family home, home share, group home, etc.)	
My behavioral concerns (e.g., aggression, depression, etc.)	
My significant health concerns that my support team need to be concerned with (e.g., diabetes, seizure activity, etc.)	
My other information (anything else that you feel is important to remember when planning for housing)	

About me



All about me and my housing needs

This worksheet is the first step you need to take to create your housing and support plan. It will identify what people like and admire about you, what is important to you, and how needs can be supported. This is an opportunity to be creative and personalize this tool to make it a reflection of you.

Here's some things to think about when answering the questions on the next page.

Question 1: What people like and admire about me?

- a. The gifts I bring to the world.
- b. The skills I have.
- c. The strengths others appreciate in me.

Question 2: What is important to me about my home?

- a. Location—community, neighbourhood, close to certain amenities?
- b. With whom—roommates, alone, family, friends?
- c. Type of home—house, condo, apartment, rent or own?
- d. What to avoid in a home—stairs, loud neighbourhood?
- e. Important layout—accessibility, large bathroom?

Question 3: How to best support me in my home?

- a. How much and what kind of support will I need to live my most independent life?
- b. What do my support people need to know and do to help me stay healthy and safe?
- c. What do my support people need to know and do to value me?
- d. What do my support people need to know and do to make sure that what is important to me is not overlooked or forgotten?

About me



Name:

Date created:

Your picture (optional)

1. What people like and admire about me?

2. What is important to me about my home?

3. How to best support me in my home?

My home evaluation



Describe what is working and what is not working for you in your current home environment.

My evaluation of the home:

What is working? 	What is not working? 

My family's evaluation of the home:

What is working? 	What is not working? 

My support person's evaluation of the home:

What is working? 	What is not working? 

My home evaluation



Action plan

How can we build on what's working?

What changes can be made to fix what's not working?

My housing vision



Instructions

A housing vision describes a person's hopes and dreams for where, and with whom they wish to live; as well as other important factors to consider when choosing a place to live. Your vision usually answers the questions Who? What? Where? When? and How?

Creating a vision is a key step in creating your housing and support plan. Building on the information from the **About me** section and **My home evaluation** tools in your vision, you will further explore your housing dreams, wants and needs. We suggest that you start with dreaming big and not worrying about making it realistic. Approach this as an opportunity to discover what is most important to you, by looking at what your ideal housing dream would look like. Later in the planning process, you will focus more on what is achievable.

For example, you may vision a house with a pool, which may not be available. Upon further exploration, you might recognize that what is most important is being able to swim every day. So, perhaps you might look for a place that is close to a community centre that has a pool.

My housing vision



What needs to be in the home?

What do I need for a meaningful and productive day?

What does the surrounding community need to have?

What professional services do I need?

My housing model



Check the model/type that appeals to you most:

Home ownership by person with disability (remember to consider the cost of ongoing maintenance)	
Condo ownership by person with disability (remember to consider ongoing condo fees)	
Mobile home ownership by person with disability (remember to consider the cost of ongoing maintenance)	
Home ownership by a parent, sibling, or other family member	
Condo ownership by a parent, sibling, or other family member	
Mobile home ownership by a parent, sibling, or other family member	
Second unit (e.g. basement or backyard suite, etc.)	
Housing cooperative	
Apartment rental	
Room and board	
Living with a housemate (do you have a housemate in mind? How will you find a compatible housemate?)	
Living with 2-3 housemates (do you have housemates in mind? How will you find compatible housemates?)	
Living alone	
Live in caregiver model	
Friendly neighbour model	
Subsidized housing / rent geared to income - application completed?	

Location preferences (list all communities /neighbourhoods that apply)

My relationship circle



Instructions

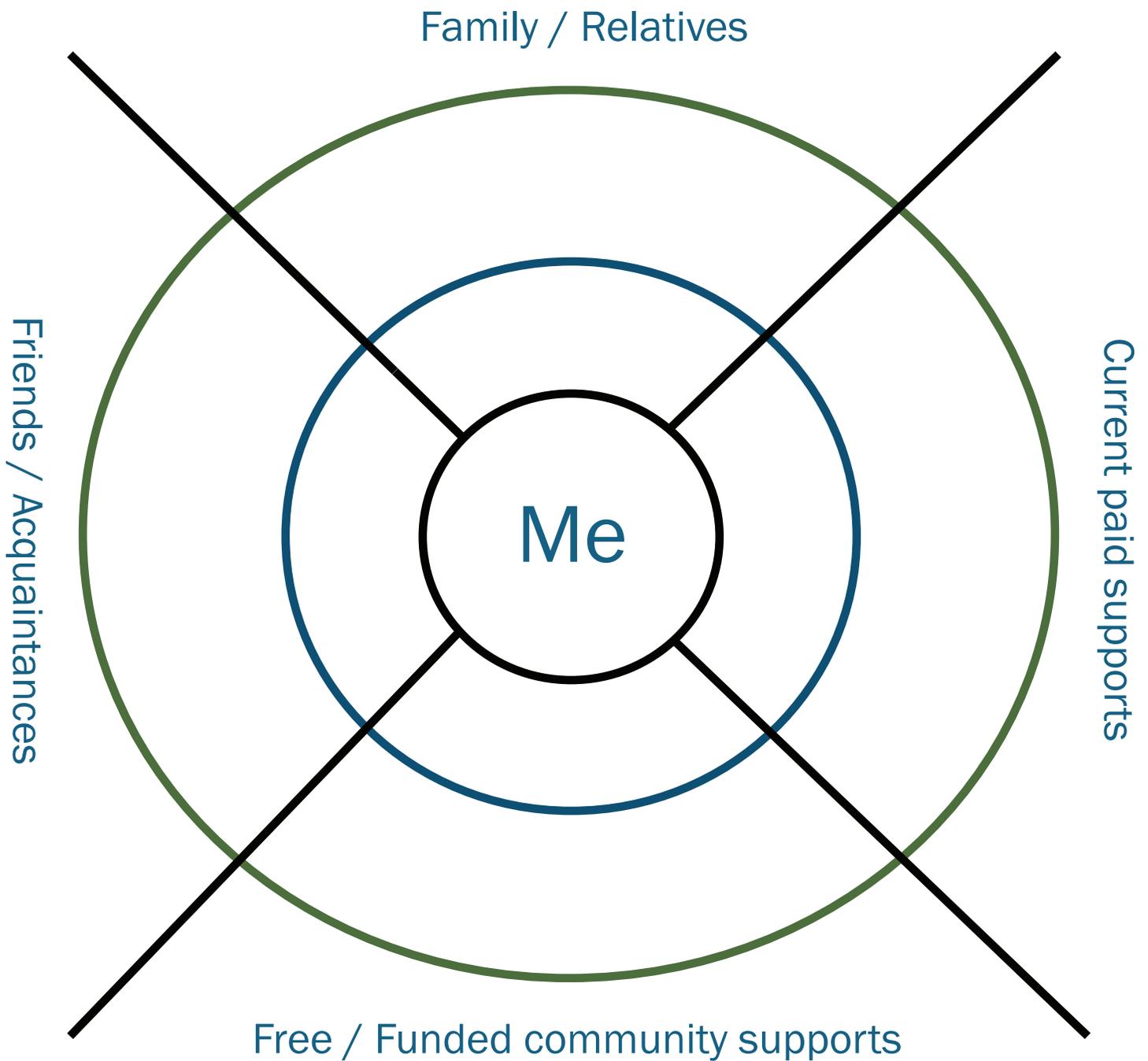
By completing your relationship circle, you will examine who is already in your life, that can help support your housing and support vision.

Relationships are important to all of us. We all have different people in our lives, who play a variety of roles and provide us with unique things. For example, we might have friends who like music and who we connect with to attend concerts with us. We might have friends who like sports, who we invite to go to the local pub and watch a game. Or, we may have friends who know a lot about something we want to learn more about; for example, cooking. We may get together to make food, enjoying each other's company while learning a new skill and enjoying the delicious meals we create together.

This can help you identify who you have in your life and how they are connected to you (e.g. family members, friends, paid supports, etc.). It can help you determine areas where you may wish to build new connections (e.g. make new friends and acquaintances, or increase community supports). The relationship circle can assist you to highlight people you may wish to invite to participate in the process of creating a housing and support plan; as well as those who may be able to play a role in your support.

When completing your relationship circle, you are in the black circle in the center and those who you have a close relationship with would be placed in the blue ring. People who you are not as close with, would be placed in the green ring. You can use the whole page, placing those you are not as closely attached to around the outside of the circles.

My relationship circle



My housing and supports needs



Instructions

By completing the following tools: **My support needs**, **My support costs**, **My housing expenses** and **My financial resources for my housing and living costs**, you will be able to document the activities you participate in on a daily and/or weekly basis, and where you benefit from support in order to complete these activities successfully. You will also be able to indicate where this support will come from (e.g. support from family and friends: unpaid support; support from paid workers, and/or technology) and the costs that may be related to that support (e.g. the number of paid support hours and what that will cost for the month). You will also document the costs related to housing expenses and the resources you have, to help you cover these expenses.

If you have already completed the My housing and support needs and housing Excel budget worksheet, it will make the calculations for you and you can copy and paste the information into the pages below.

My support needs



My morning schedule

Time AM	What I do that I would like support with. Be specific when describing the supports that you need.	Hours of unpaid support available	Hours of paid support needed	Hours that can be reduced by technology
Total hours needed:				

My afternoon schedule

Time PM	What I do that I would like support with. Be specific when describing the supports that you need.	Hours of unpaid support available	Hours of paid support needed	Hours that can be reduced by technology
Total hours needed:				

My support needs



My evening schedule

Time PM	What I do that I would like support with. Be specific when describing the supports that you need.	Hours of unpaid support available	Hours of paid support needed	Hours that can be reduced by technology
Total hours needed:				

Overnight support schedule

Time	What I do that I would like support with. Be specific when describing the supports that you need.	Hours of unpaid support available	Hours of paid support needed	How can assistive technology help?
Total hours needed:				

My support needs



Use this section for activities that do not happen every day (only complete this if these activities have not been recorded above).

Weekly support schedule

Day and time	What I do that I would like support with. Be specific when describing the supports that you need.	Hours of unpaid support available	Hours of paid support needed	Hours that can be reduced by technology
Total hours needed:				

Total of monthly support hours needed:

Total of monthly unpaid support hours available:

Hours saved by using technology:

Total of monthly funded support hours needed:

My support costs



You indicated that you will need _____ hours of paid support per month.

Source	Number of hours	Hourly rate	Total cost
Independently hired contractors			
Worker employed by plan holder			
Worker agency employed			
Microboard/Community circle			
Other (be specific)			
Other			
Other			
Other			
Total hourly support costs			

My financial resources for support costs

Resource	Confirmed funding
Monthly Passport Funding	
Direct Funding Program (MoH)	
Individualized Funding (MCCSS)	
Other	
Total funded hours	

My housing expenses



My monthly housing and living costs

Housing expenses	Monthly amount
Rent/Mortgage/etc.	
Common Element Fee - Condos	
Water/Sewer	
Phone/Internet/Cable TV	
Heat	
Electricity	
Cell phone	
Food/Grocery	
Insurance	
Technology subscriptions	
Memberships/subscriptions	
Other (be specific)	
Other	
Other	
Other	
Total housing expenses	

My financial resources for my housing and living costs



Resource	Monthly amount
Ontario Disability Support Program (ODSP)	
Old Age Security (OAS)	
Income From Employment	
Registered Disability Savings Account	
Insurance	
Ontario Energy Support Program (OESP)	
Funds Held in Trust	
ODSP Work related benefit	
Other (be specific)	
Other	
Other	
Total financial resources	

One time housing costs

One time expense	Details	Amount needed
Renovations to physical environment		
Technology requirements		
Start up furnishing		
First and last months rent		
Connection fees, phone, hydro, etc		
Other (be specific)		
Other (be specific)		
Can any of the above be covered by savings, family, fundraising, etc.		
Total one time expenses		

My financial summary



Support

Total resources for support	
Total expenses for support	
Surplus/deficit	

Housing and living

Total resources for housing	
Total expenses for housing	
Surplus/deficit	

Grand total monthly amount needed to support your plan	
One time housing cost required	

My next steps



As you review each step in the toolkit, you may find a need or a desire to go back and change your housing vision. This housing and support plan can be filled out more than once, changed a little or changed a lot depending on your needs.

Reflecting on your housing and support plan, what next steps are needed to move this forward (include time frames).

Step	Person responsible	Target date

References



Person-centred Thinking Tools: Hsa: Consultancy: Training
<http://helensandersonassociates.co.uk/person-centred-practice/person-centred-thinking-tools>

Special thanks to Helen Sanderson Associates.