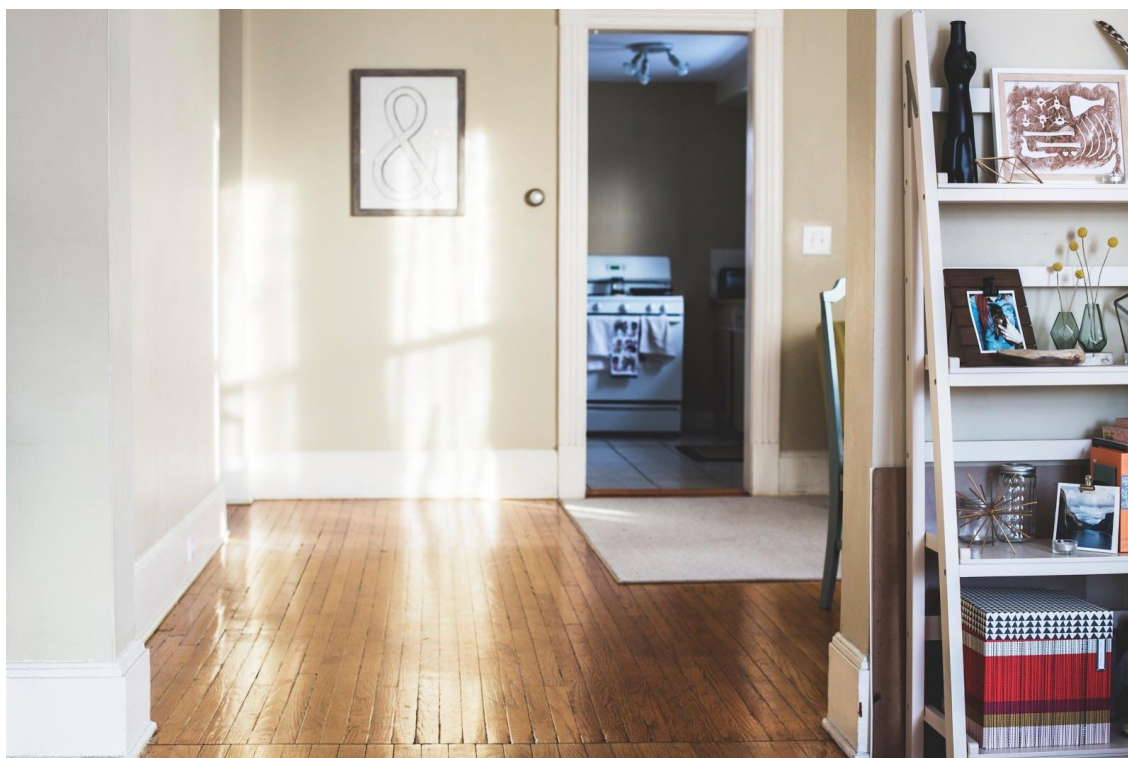


WORKBOOK: CREATING A HOME

FOR PEOPLE WITH AN INTELLECTUAL/ DEVELOPMENTAL DISABILITY

(VERSION 2)





CREATING YOUR HOME WORKBOOK

This workbook is for individuals with an intellectual/ developmental disability (IDD) that want to create a home of their own, where they are able to have choice and control of their life. Before you go any further to complete this workbook there are some important insights that I want to introduce you to from world leading experts on creating a home for an individual with a Intellectual/ developmental disability (IDD). Before you go any further please take 10 minutes to [read this blog](#) which shares 9 key insights that will be valuable as you think about creating a home! If you would rather listen to these experts you can [listen to this 85 minute podcast](#) I have created for you. (OR you can do both, read the blog and listen to the podcast)

Resources:

You can dive deeper into each of the insights by reading the blog or listening to the full podcast episode for each guest.

[#047: Mindshift & Enlightened Attentiveness, with Michael Kendrick](#)

[#045: Uncovering the Truth: We are Oppressing People with Disabilities, With Lynne Seagle](#)

[#016: Housing Mini Series Part 2/6 - "On a waiting list for 22 years - this is what I've learned", With Ron Pruessen](#)

[#025: Housing: Giving People Their Own Front Door, with Chris Woodhead](#)

[#022: Lessons in Building Community, Housing, and a Good Life, with Janet Klees and Members of the Deohaeko Support Network](#)

[#031: Innovative Ideas and Mindsets to Housing, with Jessica Cave](#)

[#013: Housing Mini Series Part 1/6 - Creating a Home, With Marg McLean](#)

[#017: Housing: "What Should We Do?", With Keenan Wellar](#)

[#023: Michael Mainland's Story of Building an Ordinary Life, with Alice Mainland](#)



This workbook is designed to help think through creating the best home for your loved one with an intellectual/ developmental disability (IDD), and to take the first steps to implement your vision. When completing this Workbook, I encourage you to include as many people as possible that know the person really well. By including others you will be surprised at the ideas that are brought forward, and how much they are willing to help make this home a reality. First, this process cannot be completed without the individual that has a developmental disability. This is a must. Be as creative as you can in ways to include the individual with a developmental disability in every step of the process. Also consider inviting family members, friends, and supporters that know the individual into the conversation.

The people coming on the Journey to create a home:

We are creating a home for: _____

The people we are inviting into the process are:

- | | |
|----|----|
| 1) | 6) |
| 2) | 7) |
| 3) | 8) |
| 4) | |
| 5) | |

We will come back to engaging these people later in the process.

One more thing before you get started! It is important that you explore creating a home with an open mind. Create an agreement with yourself and the others involved not to use the words “But...” OR “How....”. These are traps in the creative process and prematurely will eliminate what might be great ideas and opportunities.

Instead, use “Yes... and _____”. This is a technique borrowed from improv that encourages support and creativity in the group.



Part 1: Thinking about Home

You will notice that I am using the language creating a home vs housing. I do this because housing refers to the physical building, and the physical building is only one component of what must be considered when creating a home for a person with a disability. When creating a home we must also consider the person's other needs; their supports, their relationships, and what they will be doing once they are living in the space, etc..

So, what does HOME mean for the person? (Examples: Family, security, comfort) List Below!

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A Thought Experiment

For many people, the first home we have is an apartment. In Episode 17 of the Empowering Ability podcast Keenan Wellar suggests that we try a 'Thought Experiment' of imagining what it would look like to live in an apartment. This is a great exercise to start with to get us thinking about what the first experience of moving out will actually look like and feel like for the person with an intellectual/ developmental disability (IDD). If you would like to listen to Keenan talk about this thought experiment you can listen to this podcast episode [here](#).



What will it look like and feel like for the individual with a disability to live in their own apartment? (Things to consider: hygiene, nutrition, how they will spend their time, support, change in relationships, emotional experiences, etc.)

Where will the apartment be?:

What will meals look like?:

What will hygiene look like?:

How will relationships change?:



What emotions will we experience?:

How will the individual spend their time?:

Other considerations?:

Okay now there are likely some buts that we held back, what are the biggest buts? (Pun intended). In other words, what are the 2 largest barriers that you think the individual will face moving into their own apartment?

Biggest barriers:

1)

2)



Are these barriers in your mind a reality, OR are they your unrealized fears?

Ask these questions of each barrier:

- If this barrier does exist, how can the individual still live in their apartment? (answer below)
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- What solutions or creative fixes can you think of that will remove or mitigate the barrier?
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- Is this barrier going to be a show stopper? I.e. Is it absolutely going to prevent the person from living in an apartment? (If your answer is yes, think about what supports can be put in place to overcome the barrier.)
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Reflection: What key insights have you had so far?

1)

2)

3)

(From my experience you will find that it is possible for the individual with a disability to have their own apartment! Yes, it is going to take work. Let's roll up our sleeves.)



Part 2: Creating your Vision for Home

- 1) **Where do you want to live?** (i.e. What community; rural setting, in a city, in a small town, or in the suburbs, etc.) – Name the location. (Example: Downtown Toronto, ON)

What are the benefits and drawbacks of where you want to live? (i.e. Transportation, job/volunteer opportunities, proximity to friends and family, proximity to other amenities, etc.)

Benefits:

Drawbacks:

After considering the benefits and the drawbacks of your original choice of where you want to live, is another option emerging as a better choice? OR are you even more confident with your first choice?



2) **What kind of building do you want to live in?** (Ex. An apartment where there are lot of people around and the maintenance is taken care of. OR you may want to live in a house where there is more space, you have a lawn, a garden, and more privacy. Many types of housing exist.)

What are the benefits and drawbacks of the type of building you want to live in? (i.e. Privacy, space, outdoor access, maintenance, costs, social opportunities, amenities, etc.)

Benefits:

Drawbacks:

After considering the benefits and the drawbacks to your original choice of what type of building you want to live in, is another option emerging as a better choice? OR are you even more confident with your first choice?



3) **Who do you want to live with?** (i.e. You may want to live alone, or you may want to share your home with someone. If you want to share your home, who do you want to share it with? A roommate, multiple roommates, a family, etc.)

What are the benefits and drawbacks of who you want to live with? (i.e. Overnight security, house chores, interpersonal differences, companionship, support, etc.)

Benefits:

Drawbacks:

After considering the benefits and the drawbacks to your original choice of who you want to live with, is another option emerging as a better choice? OR are you even more confident with your first choice?



4) **What will I do with my time when in my own home?** (i.e. Work, volunteer, leisure activities, social engagement, etc.) **List Ideas**

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5) **How will I meet my basic needs of good nutrition, hygiene, transportation, social connection, etc.?**

Nutrition:

Hygiene:

Transportation:



Social Connection:

Other:

Part 3: Support

List the areas of support that I need in my home, the amount of support needed and who will provide the support:

(Example: Weekly meal preparation, 2 hours, Mom to do with me weekly)

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*Put a check mark beside the supports that you currently have, and put a circle around the supports that you will need to add.



Engage Your Network!

Remember back to the first thing you did, creating a list of people that know you well! It is time to engage them in this thinking. **Keep it simple.** Give three of these people a phone call and tell them that you are working on designing a home for the individual with an IDD. Ask them these 3 questions and record their responses - add to your workbook responses above:

1. What do you envision as the best home for (insert name)?
2. What do you think would contribute to an even better life for (insert name)?
3. What is the role that you would like to play in (insert name's) life? (You might be surprised by their answer)

Other: If time permits feel free to ask other questions you feel would be helpful to get their perspective and ideas on.

After you have spoke with these 3 people feel free to engage more people in your network. You can also consider inviting the group to get together over light snacks in the living room, over video conferencing, or over the telephone. Yes, this takes some effort, but the fruit it bears will be delicious!



Part 4: Managing Risk

Moving out of our family home for the first time is one of our biggest life events! It is the first time that we feel like we have choice and control over our lives and we don't have to report to anyone.

List the vulnerabilities that you have in your own home:

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How can these vulnerabilities be mitigated? (Keep in mind that safety and security is created through relationship. There may also be technologies that you can consider.)

Part 5: Creating Your Vision for Home

Awesome! You have done a lot of thinking about what the optimal home looks like. Make a summary of your vision below.

(Tip: Find a picture of your ideal home, print it out, and put it somewhere you are going to see it every single day. By doing this your vision will always be clear in your mind and it will help you to keep working to make it a reality.)



Part 6: Take Action

What other families do you know of that have already created a similar home? How can you find other families that have created a similar home? (ex. Speaking to your local family network organization or local agency).

Who can have a conversation with this family (or these families) to learn about their experience? When can they have the conversation?

What is the estimated upfront and ongoing cost to create this home? (i.e. Purchase price, rent, maintenance, taxes, upkeep, support, etc.) Note: Speaking with other families can help to determine costs



What is your budget?

What resources are available to me? (Ex. Support from organizations, rent subsidies, tax credits, community support, friends & family, etc.)

Who could help to support in the process of creating our home? (Ex. A family who has already created a home, your local agency, an independent facilitator, friends & family, etc.)



What are your next Steps? Who owns the action? When will it be completed by?
(Example: Select move out/ move in date with family, Mom, October, 30, 2018)

1.

2.

3.

You are well on your way to creating your home! Congratulations on doing this work, and moving forward to create the best home for a person with an IDD.

Note: The home you create doesn't need to be considered as permanent. Many homes that are created will flex and adapt overtime as a person enters different life stages or interests change.

If you found this workbook helpful consider subscribing to Empowering Ability at www.empoweringability.org/subscribe