



My Housing Wishes

Inclusion Saskatchewan's Supported Decision Making Series





INCLUSION SASKATCHEWAN

supporting people with intellectual disabilities

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ABOUT MY HOUSING WISHES

The Housing Committee members, many of whom identify as Self-Advocates and people with intellectual disabilities, met with Inclusion Saskatchewan staff bi-weekly for several months to create this tool. Together, we listened, learned, and thought about how we support people to make decisions about their housing. We also consulted with various stakeholders to help us inform our work.

We are excited to share this tool with you and hope you enjoy using it as much as we enjoyed making it.

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About My Housing Wishes

This tool can be used to communicate your housing wishes to your supporters and anyone else who may be helping you make decisions about your housing situation. The information in this tool is not legal advice or a legal document. Instead, all the information, content, and materials are for informational purposes only. If you have specific questions about your rights, contact a support worker or talk with a lawyer.

This tool was created to guide you, your support team, and others who may support your decisions about your housing. This tool will encourage you to think about where you currently live, what support you need in your home, housing needs that are or are not being met, and what steps you may take to ensure where you live is the best fit for you and your needs. Some of these discussions may be hard, but it is important to think about what you want in a home.

Each person may have a different understanding of what “home” means. For the purposes of this tool, “home” may refer to the space you occupy regularly, the building you live in, your community, or specific features of the place you live.

Limitations of My Housing Wishes

Our committee realizes that appropriate, affordable, and accessible housing can be challenging to find and secure. By using this tool, you may find that the place you live in is not suited to your wants and needs. However, completing this tool does not promise that you will be able to move into your ideal home. Instead, it may help you identify smaller changes you may be able to make in the short term or large problems to tackle over a longer period of time. You may need to talk to your

supporters about what housing options are available to you. While it is nice to think of our ideal situation, it is not always likely that we can find a place that fits all our dreams and desires. You may need to talk about what is practical and what is not.

We have provided space to answer questions directly in this tool. However, if you need more space to answer, please feel free to attach additional pages as needed.

Supported Decision Making

There is a process called supported decision making that can help you make decisions about your life with the support that you choose. The people you choose to help you fill in this tool are called your supporters. You get to choose which supporters will help you. You may wish to include family members, but you do not have to include them. It is helpful to choose supporters who know you well and who you trust and feel safe with.

There may be times when you are unsure how to answer something, so your supporters can help you think about what you may want. The most important thing about supported decision making is that you feel supported. If you want to know more about supported decision making, you can check out Inclusion Saskatchewan's *Supported Decision-Making Workbook* on our website: www.inclusionsk.com.



Section One

General Information

What is your name?

Do you receive support from Inclusion Saskatchewan? If yes, check all that apply.

- Inclusion Consultant
 - Employment & Transitions Facilitator
 - Other:
-

Do you receive support from any other people/organizations/agencies? If yes, check all that apply.

- Community Living Service Delivery (CLSD)
 - Saskatchewan Assured Income for Disability (SAID)
 - Cognitive Disability Strategy (CDS)
 - Other:
-
-

Who do you want to support you with making housing decisions? How do you want to be supported?

Who do you want to have a copy of this tool?

This is a personal tool that may contain a lot of information about you. A copy of your housing wishes should only be given to people who need it and who you trust. Write down the names of who you want to have a copy of this as well as their relationship to you and contact info.



Section Two

Where I Currently Live

Is your home accessible for your disability? If no, please explain.

Are you happy with the place you live? If not, why?

Where do you currently live? Check all that apply.

- Family home
- Group Home
- Independent
- Public/Community Housing
- Long-Term Congregate Care setting
- Short-Term or Emergency Housing
- Hospital or other Institution
- Currently homeless or unstable housing
- Other:

If you live independently, please select which best fits your situation.

- I own my home
- I rent my home at a lowered rate
- I rent my home at the same or average local market rate
- My housing is provided for me by family

How long have you lived here?

Have you lived anywhere else in the past 5 years? If yes, please explain how long you lived there, why you left, and any other information you would like to share.

Blank lined area for writing answers.

If you are looking for a new place to live, which reasons best explain why you would like to move? Check all that apply.

- Current place is not accessible for my needs
 - Expiring lease
 - Issues with neighbours
 - Issues with roommate(s)
 - Unsafe neighbourhood
 - Current place is a short-term home
 - Health/Medical reasons
 - Moving to another area
 - Being evicted (kicked out) of current place
 - Looking for a place with better support(s) for my needs
 - Looking for a place closer to my support(s)
 - Needing better transportation options
 - Wanting more independence
 - Current place is unaffordable
 - Need different appliances/adaptations for appliances
 - Need a place that is pet friendly
 - House is unsafe (moldy, asbestos, bugs, etc.)
 - Looking for a place with better amenities
 - Other:
-

Have you experienced any of the following challenges to finding or keeping stable housing? Select all that apply.

- Discrimination or treated unfairly because of my disability
- Health issues
- Disability/Accessibility barriers
- Financial challenges
- Stability/Security
- Not having the kind of support(s) needed
- Not having people that can help find a better fit
- Me or my supports have concerns if I can live somewhere else
- Desire to live in a different community
- Other:



Section Three

My Supports

What kind of natural supports do you have that would help you live your best possible life? Natural support includes family, friends, community members, or anyone else who is an unpaid support.

What kind of formal supports do you currently have that would help you live your best possible life? Formal supports include paid supports like mentors, case support workers, social workers, INSK supports, home care, private personal care, counselling, and many others.

What kind of financial supports (if any) do you currently have that would help you live your best possible life? Select all that apply.

- Financial Support from Family
- Employment/Job Earnings
- Savings
- Saskatchewan Assured Income for Disability (SAID)
- Canada Disability Benefit (CDB)
- Saskatchewan Income Support (SIS)
- Registered Disability Savings Plan (RDSP)
- Old Age Security (OAS)
- Guaranteed Income Supplement (GIS)
- Other:

What kind of supports might you be able to get? For this question, "supports" includes natural, formal, financial, or other kinds of support.

What kind of in-home support do you need for personal care? Personal care supports may include daily tasks such as dressing, bathing, eating, etc.

What kind of household support do you need? Household support could include things like grocery shopping, laundry, cleaning, budgeting, etc.

In terms of time, how much support do you need each week?

Do you see this level of support changing? If it did change, would that change where you could live?

Is living physically close to your support network and/or family important to you? How close would you want to live to them? Does your answer change where you would live?

If you are planning to move, will you need help finding new support(s) at your new location? If yes, list these supports below.

If you were in trouble or having an emergency, do you know where you could go to get help? Do you know who you could contact?



If you are concerned about getting help during an emergency, making a list of emergency contacts is helpful. We recommend having numbers for local police, fire, and security services (other than 911), loved ones, doctors, dentists, or other medical specialist(s). Other contacts that may be useful could be landlord, emergency plumbing, electricity, veterinarian, insurance, banking, etc.



Section Four

Transportation & Location

How do you usually get from one place to another? Check all that apply.

- Walking/Biking
- I drive my own car
- I take taxis, Uber, or other pay-per-ride services
- I use a ride share
- I take public transportation
- I use accessible public transit
- I use a mix of these options

Do you need a parking spot at your place, or do you need to be near public transportation?

Do you like going for a walk in your neighbourhood or being able to go to a store without needing a vehicle?

Would you prefer to live in a city, a town, or rurally? Living rurally is when someone lives in a very small town or on a farm or acreage.

If you prefer to live in a city, would you like to live somewhere busy or somewhere quiet?

If you prefer to live in a town or city, would you want to be close to major roads or streets?

What kind of building would you prefer to live in? Check all that apply.

- House
- Apartment Complex
- Apartment within a house (e.g. Basement suite, Legal suite)
- Condo
- Micro-Apartment (tiny home, garage conversion, vehicle)
- Duplex
- Townhouse
- Acreage/Farm
- Other:

Why would you choose this kind of building? Remember, levels of accessibility may be different for each option.

Are there certain places that are important for you to live close to? Examples: schools, work, parks, libraries, hospitals, and restaurants.

If you were to experience a sudden or temporary physical disability, would you still be able to access your home? If not, do you know what you would do or who you could reach out to?



Section Five

The Best Home For Me

What kind of home environment would you need to live your best life possible? This list can include anything from noise, cleanliness, temperature, the number of people in the home, or anything else.

Do you need any accessibility features in your home? Accessibility features are changes made to your home that make life easier. These may include ramps, elevators, handrails, lowered counters, visual security alarms, walk in showers or tubs, and many others.

For the next questions, think about what a home must have for you to be happy and to live your best life possible. Are there some things that you don't want your home to have? It's okay if the things you want are different from what other people want.

If you are having a hard time coming up with ideas, you can use this example list as a place to start.

Number of Bedrooms	Pantry	Electronic Locks/Keys
Number of Bathrooms	Walk-In Closet	Voice Activated Tools
Yard/Outdoor Space	In-Unit Laundry	Privacy
Guest Parking	Dishwasher	Space for Work
Garage	Carpet	Space to Host Family
Close to Amenities	Good Lighting	Organizational Tools
Extra Storage Space	Energy Efficiency	Option to Redecorate
Security System	Air Conditioning	Hot Tub/Pool
Big Bathtub	Black-Out Curtains	Temperature Control
Big Kitchen	Weather Strips	TV/Entertainment
Double Sink	Pet Friendly	Multiple Floors
Open Floor Plan	Private Spaces	Single Level

What must your home have?

What would be nice to have in your home?

What do you not want in your home?



Section Six

The People I Live With

Have you lived with someone else before? If yes, explain how that went for you.

Do you want to live with a roommate? Why or why not?

If you want to live alone, who could you reach out to if you needed urgent or temporary support?

What would make someone a good roommate for you? (e.g. quiet, clean, similar interests, enjoys spending time together, similar in age, same or different gender)

What qualities in a roommate might be challenging for you to live with?

What qualities would make you a good roommate?

How much time would you want to spend with your roommate? Is your relationship just about sharing a place to live, or would you like to spend time together?

If you lived with someone else, how much privacy would you expect? Privacy is being alone without being disturbed or interrupted by others.

What spaces are you comfortable sharing with a roommate?

How much time would you want to spend in these shared spaces?

How would you deal with conflicts with a roommate if they happened?
Conflict is when two or more people do not agree about something.
Conflicts may look like fights, arguments, or disagreements.

If you live with someone who is not a good fit, do you have a plan for what you would do?

Do you know someone who you would like to be your roommate(s)?
Why would this person make a good roommate for you?

If you do not know who you would like to live with, how would you go about finding a roommate? (e.g. asking a friend, social media)

Do you have any dietary restrictions or allergies? Does this impact who you could have as a roommate?

Do you like having people over? Would you like to know in advance if someone is invited over? Do you have limits for when people are over?

How loud do you want the home to be? Are there times that you would like the home to be quiet? What do you think is loud?

Do you follow a routine? What times of day are you most active in the home? When are you likely to be resting or sleeping?

What temperature are you most comfortable at? What temperature is too hot or too cold for you?

Do you have any health needs that could impact a roommate?

Notes:

Notes:

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