

EDHN Housing Guide Booklet One: The first booklet looks at some questions you should ask yourself before you move out of home. It provides activities and tips to help you talk with your family and friends about how you all feel about the move and to make decisions that are right for you.

BOOKLET ONE Activity Section: *Getting Started – Thinking about Moving Out*

Explore and have fun talking about different houses and ideas. The key is to listen.

Activity: Why do you want to move out?

Q: Why am I moving?

Prompt: Is this my decision or have my circumstances changed?

Does the idea of moving make me feel excited or scared?

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Q: Why do I want to be more independent?

Prompts: Do I want more freedom and more responsibility?

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Q: Why do I want to make decisions about my home?

Prompts: Do I want to be in charge of my own home?

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Q: What worries do I have about moving out?

Prompts:

Are there questions I would like to ask?

Am I 'ready' to move out of home?

Am I worried about my family and friends?

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Make a list of all the pros and cons for moving out of home.

Ask your family and friends to make a separate list and compare them. You may be surprised at how different some of your ideas are!

My Pros (Good things)	My Cons (Bad things)

Family and friends' Pros	Family and friend's Cons

Do you know what your disability is?

Some people call it their weakness, some call it their power. It is good to know your weaknesses and your powers.

If your weakness is	You may need help with
Medical	Sleepovers – someone to check on your medicine
Memory	Prompting – reminders to eat, shower
Learning	Help to learn household skills & books with instructions that are easy to read
Mobility	Showering or personal care or you may need a house modified so you can do these things yourself
Psychosocial	Calming and organising

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Activity: When do you want to move out?

When is the person ready?

Q. Am I ready now?

Prompt: Could you pack a bag and move today?

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Q: What do I need to do before I move?

Prompt: Pack my bag, learn to cook, make sure I like my house...

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Q: What do you think other people need to get ready for you?

Prompt: Support workers, help setting up utilities..

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Q: What new goals could I have for a more independent life?

Prompt: Decorate my house, meet my neighbours, vacuum my house...

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Q: How often will I see my family and friends?

Prompt: What are the most important aspects of our relationship and how can we keep them going?

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Q: How will this move change my life?

Prompt: Be myself, make my own choices...

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When are the family and friends ready?

Q. How do I feel about the person moving out of home?

Prompt: anxious, relieved, guilty, excited?

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Q: What am I most anxious, relieved, guilty, excited about?

Prompt: safety, health, relationships, missing them?

Q: Am I confident the person understands what living away from home will be like?

Prompt: Have I answered all their questions honestly?

Have I talked about difficult or challenging issues with them?

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Q: Do I respect the person's wishes and goals for a more independent life?

Prompt: Am I prepared to let them live the way they want to live, to take risks?

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Q: What role will I continue to play in the person's life?

Prompt: What are the most important aspects of our relationship and how can we keep them going?

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Q: How will this move change my life?

Prompt: I will have more time to see my friends, work more, lie down on the floor and close my eyes, have more fun with my child, spend time with my other children.

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Activity: Who can help you move out?

Think about the different people you would like to talk to about moving out of home. Some people will be good at listening to your thoughts and ideas and others will be good at answering your questions.

Talk to the people that you live with or people that you trust.

You can write down their names here.

Family and friends:

Guardian:

Other Friends:

Support workers:

Support Coordinator

Someone else

Advocate

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Activity: Where do you want to move out to?

Ask yourself these questions and talk about your ideas with your family and friends. You may find the type of building you think you want to live in will not give you the lifestyle or the level of independence that you want.

Search up images or talk about people's houses you know, or you've seen on TV, to explain these building designs.

Q: Do I want a large or small home?

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Q: Do I want an open plan design or lots of private spaces

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Q: Do I want all my rooms to be on the ground level?

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Q: Do I want outdoors space like a garden or a balcony?

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Q: Do I want to live in a stand-alone building?

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Q: Do I want to live near to neighbours or have a lot of privacy?

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Activity: Where to live: Building type – Accessible

What design features and technology do I need?

Use the table below to make a list of the things you need help with in your home, like getting around, turning on taps, switching on lights.

Have a conversation with your Family and friends about the design features your house needs to help you be more independent.

What is hard for me to do	Accessible design ideas
Example: Turn the tap on	Easy handle on tap

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Activity: Where to live: Support workers

Things that you need help with to live independently (you are still independent if you have support workers. Independence is about making your own decisions about your life and how you live. You decide what you want and the support worker helps you to do it. They do not make the decisions)

Circle what you need help with:

A support worker can help you to learn to do these things yourself if that is what you want.

Medicine

Remembering

Reading

Self-Care – showering or dressing etc

Laundry

Cooking

Cleaning

Money

Shopping

Driving/Transport

Talking

Working with others

Friends

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Weekly Schedule and Who Helps You

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AM							
Lunch							
Appt							
PM							

What do I need help with?	How often do I need this help? (daily, several times a week, occasionally)	Who can help me? (Family and friends, support workers, other services)

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Activity: Where to live - Location

Who do I want to live close to	Name	Where do they live?
Family friends my boyfriend/girlfriend People I work with People I share hobbies and activities with		
What services and facilities do I want to live close to?	Name	Where are they?
My workplace My school, uni., Tafe, education course My sports facility My club, group My regular activity My church My library My doctor/health providers My support services My favourite restaurant/take away Do I have a choice of utility services in the area e.g. for my phone, internet?		
What transport do I need to live close to?		
train public bus		

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<p>community bus</p> <p>tram</p> <p>taxis</p> <p>private car</p> <p>adequate car parking or nearby pick up and drop off points</p> <p>walking paths (safe, well lit, even ground)</p> <p>bike paths</p>		
<p>What type of environment or community do I want to live in?</p>	<p>Can you give any more details?</p>	<p>Can you think of any examples e.g. a certain park, suburb</p>
<p>Lively and full of people</p> <p>Somewhere with lots of shops, busy night life</p> <p>Quiet and leafy</p> <p>Near the water</p> <p>Near the hills</p> <p>Flat with lots of parks</p> <p>A gated community</p>		

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Activity: Where to live – Housemates or Live Alone?

Do you want to live with other people or by yourself?

Circle the statements you like and make notes about other ideas you have about living alone or with others.

Living alone

Having lots of responsibility

Being able to decide what I do each day

Being able to make my home look like I want it to

Having peace and quiet

Being able to decide who comes to visit and how long they stay e.g. my boyfriend or girlfriend or best friend

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Living with other people

Sharing household costs (e.g. rent, food, bills)

Sharing household chores (e.g. cleaning, shopping)

Having company and people to talk to

Being part of a team that works out how your home will run

Having lots of people around to help if something goes wrong

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Activity: Finding the right housemates

Below are some questions to help you decide who you would like to live with.

Talk to your Family and friends about your ideas.

Q: How much time do I want to spend socialising in my home e.g. having conversations, watching tv or movies together?

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Q: Do I want to have a lot of time to myself and not see my housemates very much?

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Q: Do I only want to live with friends or people that I know?

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Q: How do I feel about living with a stranger?

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Q: Do I want to live with a person who is loud or quiet?

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Q: Do I want to live with a person who talks a lot or is shy?

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Q: Do I want to live with someone my own age or the same gender as me?

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Q: Do I want to live with someone who likes the same food as I do?

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Q: Do I want to live with someone who has the same hobbies and interests as me?

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Q: Do I want to live with someone who has the same cultural background as me?

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Q: Do I want to live with someone who shares the same beliefs as I do?

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Q: Do I want to live with someone who likes to keep the house clean and quiet or who doesn't mind a bit of mess?

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Q: Do I want to live with someone who likes the same music and tv shows as I do?

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