



Chapter Five

Supported Housing Options

An important milestone for everyone is becoming an adult and leaving the family home. Planning for a young adult to move out of the home can take some time, as it is important to find a home and supports that are the best fit. Having a good place to call home means having choices and control over the home environment, making sure the home reflects your family member's personality, and ensuring your family member chooses who they live with and who supports them.

When it's time to begin the planning process, the first thing you need to talk about is where they would like to live. Next, discuss what their needs will be. They may need a full-time support worker, or someone to check in on them every so often to assist them with tasks and ensure their needs are being met. Some people with intellectual disabilities have found a roommate who does not have a disability and who can provide support. If your housing option will involve sharing your home with others including support staff or roommates, you should consider compatibility. Even good friends can have disagreements when living together. Listing what is important to you in a roommate or support staff, and discussing your values and preferences with those who might share the home is a good way to start.

Tip: Since moving involves a big change in routine, many people have found that gradual transitions are better, especially if their new living arrangement looks quite a bit different from their living arrangement in the family home.

5.1 CLSD Supported Housing Options

If you are looking for supported housing options, first contact your Community Living Service Delivery (CLSD) Community Service Worker (CSW) to see what is available in the area your young adult wishes to live. CLSD funds agencies to provide housing with supports for people with intellectual disabilities. It is a good idea to tour some agencies to gain an understanding about the type of residential support they can provide. This allows you and your young adult to express your wishes to the CSW who can put forward an application to your desired agency. Since it can take some time for a placement to become available at your desired agency, it is important to begin the process well in advance. Keep in contact with the CSW to ensure they are well aware of you and your young adult's wishes and notify them if any needs have changed. Note that most adults who qualify for CLSD residential supports live in group homes or approved private service homes.

CLSD partnerships with service providers across the province offer an array of housing and day program options:

- **Approved Private Service Homes:** these homes provide a supportive family-living environment in a community setting. Residents have the opportunity to develop social and life skills.
- **Group Homes:** these homes are staffed to provide personal care, supervision, and support for adults. They are located in residential neighbourhoods throughout the province.
- **Group Living Homes:** these are shared homes where individuals are responsible for paying basic shelter costs. CLSD provides funding for support staff as needed.



- **Supported Living Programs:** these programs provide adults living in their own homes with limited support and supervision so they can live as independently as possible.
- **Day Programs:** these programs support people to participate in work and leisure activities and develop life skills. Programs include job training, supported employment opportunities, life skills development, socialization and recreation.

These residential supports are funded by CLSD, but are not operated by CLSD. Autonomous agencies run group homes and supported living homes. In their funding agreements with CLSD, they agree to operate within provincial policies such as the Comprehensive Personal Planning and Support Policy.

5.2 Non-CLSD Supported Housing Options

INSK meets many individuals who do not meet CLSD's mandate to qualify for services and yet, have an intellectual or developmental disability. These individuals may qualify for supports through the Cognitive Disability Strategy (CDS) or other community programming.

Finding A Home

Increasingly, adults with disabilities (and their families) are interested in exploring the possibility of establishing their own homes in the community. This could involve living in their own house, apartment, condominium, town house or "granny suite." This option provides more flexibility and opportunity to design a living arrangement that suits their wishes and needs. In addition, it allows for the possibility of creating a home that provides the kinds of things that we value in a home. The home ownership option will likely require some detailed planning in order to develop the best possible living arrangement. A circle of support (a small group of people who agree to support a person to achieve their goals) can help in many ways. They can help find affordable housing, plan for and arrange the support that will be needed in the home, manage money for housing and support services, and help monitor the living arrangement.

Some families may want to use their own assets to provide a home. This can involve bequeathing the family home to the family member with a disability or using some family assets to purchase or finance a home. A few options to do this include transferring the ownership of a home to a family member with a disability or creating a housing trust. A housing trust provides a legal right for the beneficiary of the trust to occupy the home while leaving the management responsibilities in the hands of trustees.

Finding Funding - Saskatchewan Assured Income For Disability & SK Social Housing Program

Many people with disabilities live on fixed (and often low) incomes and may need assistance with housing costs. Applying for provincial government assistance, such as the Saskatchewan Assured Income for Disability (SAID) Program, is one option. The SK Social Housing Program subsidizes rent according to the degree of financial need for families and seniors with low incomes and people with disabilities. The program sets rent at 30 percent of the household's income. Individuals living in social housing must be able to live independently. This independence may include support from family, the community, or other agencies. Local housing authorities administer the Social Housing Program on behalf of the Saskatchewan Housing Corporation. To apply, complete the Housing Application available on the Government of Saskatchewan website and submit it to your local housing authority.

Planning A Home Checklist

- We have listed important values for a home – likes and dislikes.
- We have a timeline in mind for a move to a new home.
- We have discussed what independent living skills and/or home supports are needed.
- We have discussed whether independent living or with a roommate is best.
- We have thought about what accommodations are needed for community living, such as ramps or access to amenities or the bus.
- We have information about available funding.
- We have worked out a budget.
- We have identified a support system: CLSD and/or circle of support.
- We have explored the housing options that exist in our community.
- We have applied for available disability supports, like SAID.
- We have found a roommate(s), or a support worker.
- We have created roommate agreement between family member and support roommate(s).
- We have determined if respite is needed.
- We have arranged for transportation.
- We are meeting regularly with our support network to monitor the arrangement.