

MOVING OUT – WHAT ARE MY OPTIONS?

(For individuals who are eligible for DSO)

- **Group Homes** – provide support 24 hrs/day
- **Supported Independent Living** – live alone or with a roommate; support is catered to the areas where you would like assistance and can include meal preparation, banking, house keeping and medical appointments. The level of support is determined on an individual basis and can range from several hours per day to a few hours each week; typically no overnight support. Some agencies provide the homes, some agencies provide support only in your own home.
- **Lifeshare**- live with a family who can provide you with care and supports. You are encouraged to become an active member of the household. You are matched with a family that has similar interests, needs and lifestyle.

Community Living Cambridge also has a similar program called [Associate Home Program](#)

- **Respite** – short term support; in-home and out-of-home options
- ❖ Waitlists for the above programs vary. Connect with your [DSO](#) and/or your **Passport Community Developer** for more information.
- **Be At Home** provides creative housing supports for people with developmental disabilities and their families. Whether it be living on your own or with someone in a shared living environment, the Creative Housing Coordinator will work with you and your family to find the supports you need.
- ❖ **Field of Dreams** – an apartment complex in Elmira supported by Elmira District Community Living where individuals with developmental disabilities live alongside “good neighbours” (often social work students who are provided with housing as part of a scholarship)
- ❖ **Did you know?** DSO has a Housing Navigator who can help you to create a personal housing plan 1-888-941-1121; [DSO Housing Toolkit](#)

AM I READY?

The following programs allow for opportunities to “practice” living on your own;

- [Trying It On For Size](#)
- [Stepping Out Program](#)
- [Independent Hearts](#)

Other Resources

- **Steps to Independence** - a guidebook that provides an opportunity for individuals with an intellectual disability to determine how prepared they are for semi-independent living.
- **Magnus Cards** – app – digital how-to guides for independent living
- Also check out [MyHomeMyCommunity](#)