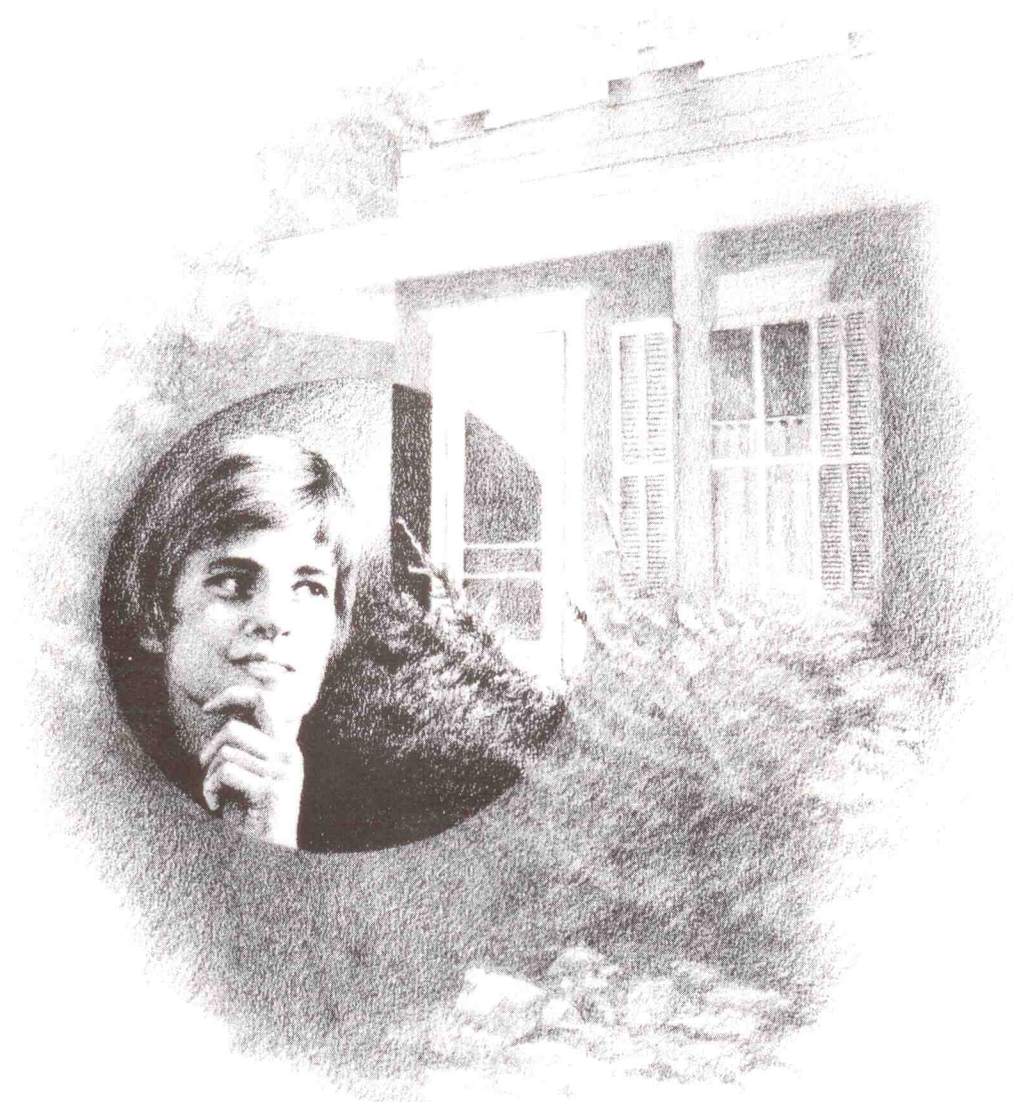


A Home of My Own



**A Planning Guide for
Individuals, Parents and
Agencies in the Community**



Association for Community Living - Manitoba

Foreword

Nicola Schaefer

"I couldn't find my wallet this morning so I missed my bus, and then people at work were angry with me because I was late, and then something I ate in the cafeteria gave me a stomach ache. It's been a horrible day and I just can't wait to get home!"

"We've been all over Mexico in the last two weeks, not to mention we drove all the way there and back. It's been a great holiday but now I just can't wait to get home!"

Whether we've been having a wonderful or a rotten time, the place where we want to end up is at home - the familiar, comfortable, safe retreat where we can relax, recover and rejuvenate ourselves.

Most of us at some point in our lives go through the trauma of "moving house" as part of creating either a first home of our own or one of several. We are beset by the dual emotions of excitement and anxiety. We are excited at the prospect of a new house or apartment, maybe new furniture (or at least a rearrangement of the old), new areas nearby to explore, new neighbours and so on. We're anxious because we can't be sure we're making the right move. We wonder how long it will take before we feel a sense of familiarity and belonging in our new place.

The secret to creating a new home with a minimum amount of anxiety is through maximum planning. That's what this book is all about. Just where do we want to live, with whom, etc.? In the pages ahead we are invited and encouraged to consider these and other vital questions before plunging into a new housing arrangement - or helping friends to do so. We are also encouraged to look into the kinds of supports we'll need and how easy or difficult it will be to acquire them.

This is both a thoughtful and thought provoking book and should prove extremely useful to anyone planning a home of his or her own. In fact, my advice would be: don't begin a home without it!

Acknowledgement

This book has been written and compiled by:

The Association For Community Living - Manitoba
#1-90 Market Avenue
Winnipeg, Manitoba Canada
R3B 0P3

Sincere thanks are specifically extended to the following people who have contributed to this book.:

Daniel Philpott - Writer & Editor, Researcher, Lay-out and Design and Photographer.

Dale Kendel, Marsha Dozar and Nerina Robson - Writing & Editing support staff.

Nicola Shaeffer - Forward & Editing.

As well as ...

John Felsted
Leslie Wilson
Isabel Rinn
Terry Loewen
Bob Manwaring
Bonnie Ferguson-Baird
Esther Krahn

Fundy Association For Community Living - Older Persons Project

And ...

Department of Health and Welfare Canada, Disabled Persons Unit



Introduction

Introduction

We all search for a home of our own where we are safe and warm. This book has been developed to give some concrete steps to think about when planning for yourself, your son or daughter, a friend, a sister or brother, or a person served by your agency.

Chapter 1 tries to give a sense of what a home means to each individual and the principles that govern being in a home;

Community presence
Making Choices
Being Respected
Developing and Contributing
Growing in Relationships.

Chapter 2 looks at how we can plan for individuals seeking a place they can call home. Not only is important to look at the immediate needs of an individual, but it is also important to discover the options that will make that person feel at home.

Chapter 3 uncovers some of the housing options available, as well as, anticipates some of the problems which may be encountered. These options range anywhere from either renting an apartment to owning a home.

Chapter 4 looks at support options as another consideration when seeking a home. It discusses the different types of supports, trends in support, choices which need to be made concerning supports, as well as provide worksheet style questions which will raise the issues that need to be addressed when making these kinds of decisions.

Chapter 5 shows us how to organize the supports we need to work with in order to pull everything together. These supports can include volunteers and board members or more informal supports such as family.

As you read through this book you may find yourself feeling confused. The process of finding a home for yourself or someone you love will be confusing, enlightening and maybe even fun. Capture everything, and remember - It is a process we all go through in our lives - formally on behalf of someone else - or informally and gradually for ourselves. Take it slow - get what you want - and most of all when you need it - **ASK FOR HELP**. Some have been there and would be glad to share their experiences. Still others would see this as an exciting venture and an opportunity for learning. Good luck.

