

So you want to be a Homeowner...

Thinking about Help and Support



Workbook 5



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Introduction

Do you have...

- An interest in owning your own home now or in the future?
- An interest in making a plan for how you will own your home?
- People you trust, like family and friends, who can help you?

If you checked yes to any of these boxes, this workbook may be helpful for you.

Thinking about Help and Support

What kinds of help and support might you need to live in your own home?

- Help with daily living activities like:
 - Personal care
 - Meals
 - Shopping
 - Going to appointments
 - Help with community activities like:
 - Volunteering
 - Meeting people
 - Help with transportation to go to places
 - Help with taking care of your home
 - Help with planning your money and paying your bills
- Other things like:
 - Supports for any health needs
 - Check ins and visits from friends and family
 - Contacts in case of an emergency



Thinking about Help and Support

Here are some different ways of getting the supports you may need to help you live in your own home.

Professional support workers or staff

- Support workers who come to your home and provide help and support.
- You could hire them yourself or through an agency.

Family, friends, and neighbours

- People close to you who can come to your home and provide help and support

A Roommate

- A person you could choose to share your home with.
- They can help you out with things around the home.
- This could be **a family member** or **a tenant** that you rent a room to.
- You could find a **support roommate** who provides more help and support, while living with you.

What supports might I need to live in my own home?

Circle your answers. This worksheet will help you make a list of the help you may need to live in your own home.

| Type of help and support | Do I need help? | | |
|--|-----------------|-----------|-------|
| Personal care like bathing and getting dressed | Always | Sometimes | Never |
| Making meals | Always | Sometimes | Never |
| Going shopping | Always | Sometimes | Never |
| Going to appointments | Always | Sometimes | Never |
| Community activities like volunteering | Always | Sometimes | Never |
| Transportation like driving to places | Always | Sometimes | Never |
| Taking care of your home like cleaning | Always | Sometimes | Never |
| Planning your money and paying bills | Always | Sometimes | Never |
| Other: _____ | Always | Sometimes | Never |

Where could I get the supports I need?

This worksheet will help you think about and plan how you will get the supports you need to live in your own home.

1. Will the help I need be different from what I have now?

- Yes** **No**

2. If yes, would I get help from...

Friends and family

List types of help and support:

Support workers

List types of help and support:

A roommate

List types of help and support:

3. Will any of these supports cost money? If yes how much?

\$ _____

What supports might I need to live in my own home?

Here are some tips to help you plan the help and support you may need.

- You can use the worksheets to help you make plans with your family, friends, and people who already support you.
- You can use the list on page 6 to help you hire new support workers.

Who can help?

You can talk to family, friends, and supporters to help you figure out a plan for the help you may need.

You can talk to a trusted **support agency** or **disability support organization** in your community to get help and advice.

Guide to the Workbooks

Thinking about Help and Support is workbook 5 in a set of 7 workbooks to help you own a home.

| | |
|------------|--|
| Workbook 1 | Know the People who can Help you own a Home |
| Workbook 2 | Thinking about Homeownership |
| Workbook 3 | Thinking about Money |
| Workbook 4 | Choosing a Home |
| Workbook 5 | Thinking about Help and Support |
| Workbook 6 | Guide to Mortgages |
| Workbook 7 | Guide to Home Maintenance |

Helpful Links

Click on these links below for more information and tools to help you buy a home.

- Canada Mortgage and Housing Corporation's Homebuying Step by Step: [link](#)
- Developmental Services Ontario's Housing Toolkit: [link](#) & home purchase checklist: [link](#)

You can also find real stories about homeowners with a developmental disability by visiting: www.myhomemycommunity.ca