



Moving out!



Lisa Bridle



Content for session

- Thinking about what “home” means
- Figuring out supports and the housemate arrangement
- The support team
- The benefits of Sean’s new home life
- Overcoming challenges
- What home looks like now

Our vision for Sean...

We dream that Sean will enjoy a rich life, full of opportunities to learn and contribute, embedded in a community where he is valued and appreciated.



We want him to be connected within a web of relationships so that he is likely to experience love, belonging, and a sense of himself as the valuable and precious individual he is.

Thinking about “home”

What motivated Sean?

- His sister and friends – and TV role models
- Being an adult
- A housewarming party
- An “old man” chair
- Being able to have friends over to **his** place
- That his parents would miss him!

What did “home” need to be:

- Not on his own
- In his local community
- Close enough to our home, to his work, and with good public transport
- In a place where he would be safe, known and allow for further community building
- Comfortable, “high value” and compatible with his age/stage of life
- Good for sharing, for hosting people, and for his own privacy/lifestyle



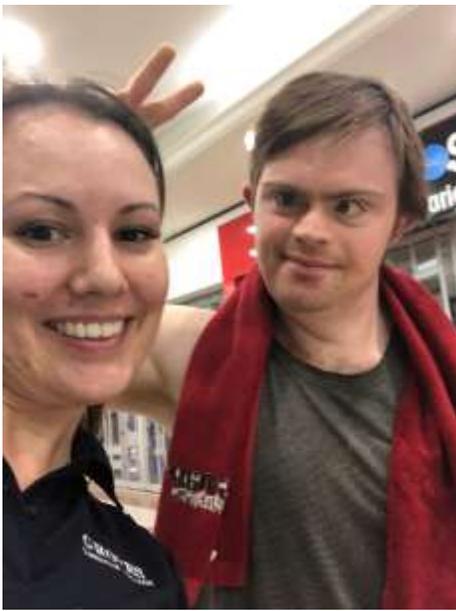
Figuring out Supports

What did support need to look like?

- Not 24/7
- Not institutional or like a disability service
- To build independence and relationships – not “supervision”
- For paid support to not be intrusive on Sean and his flatmate
- For paid support to not push out/replace other relationships – needs to always be a bridge to other relationships



Alyssa and Sean



RECRUITING A HOUSEMATE – Shared on FB, email, realestate.com

This spacious modern two bedroom apartment is located only 3.5kms from the CBD, very short walking distance to Fairfield shopping centre, public transport (train and bus) and easy access to the "Green Bridge" linking Yeronga and Fairfield with Queensland University.

Apartment Features:

- 2 Bedroom
- 2 Bathrooms
- Modern kitchen
- High speed internet access
- Ducted cooling and heating
- Secure complex with CCTV & intercom
- Secure car park with large lockable storage cage
- Lift access to all levels
- Resort style swimming pools with entertaining area



RECRUITING A HOUSEMATE: The Ad!

Fun Loving & Outgoing 24 year old male in need of a house mate.

Rent \$xx pw, Wi-Fi included (Other expenses shared).

This apartment comes with the opportunity for rent reduction in exchange for household assistance. An interview will be mandatory and arrangements are negotiable.

The current housemate has 2 part-time jobs (during the weekdays) and is a volunteer for a local youth group and a food co-op. He has a wide range of interests including swimming, gym/boxing, social Frisbee, camping, music, socialising & travelling.

The successful new housemate should be a non-smoker, and be active, community minded, like socialising/ meeting new people and have a good sense of humour.

The housemate agreement

The housemate supports Sean in a way that empowers and encourages Sean to live as independently as possible, and to enjoy the process of taking on more adult responsibilities in his life – backed up by Sean’s family, friends, and support team.

The housemate provides:

- Volunteer mentoring and coaching
- General oversight (keep family and supporters informed about well being, any concerns, key aspects of living)
- Support with housekeeping and “quality control” over cleaning, self-care
- Meal preparation set number of times per week
- If needed, help with shopping/transport, prompting daily routines and troubleshooting.

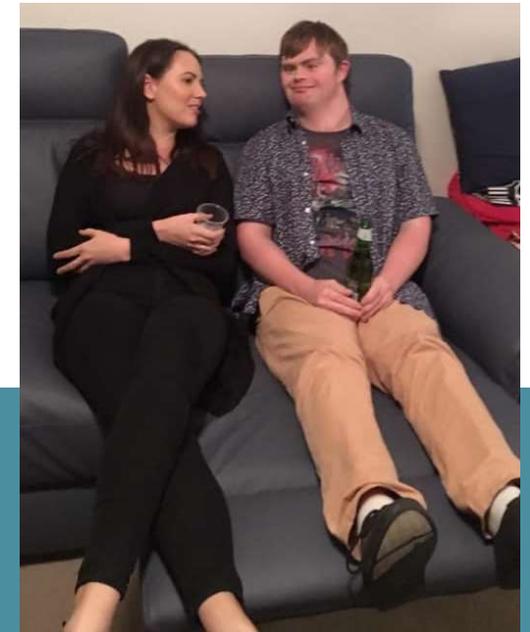
The housemate agreement

General agreements around what is provided/not provided, shared cleaning and bills, and the mentoring/stipend – “independent living support and mentoring”. Invoices monthly.

Some shared living expectations e.g. not smoking, use of common areas, telling each other about plans (not being home/ visitors), jointly sharing set number of meals, keeping the unit secure, creating a shared sense of home and that both parties will invite friends over etc.

How we will communicate – and the “ethos” – as well as back up support available.

Housemate is encouraged to attend team meetings, and is part of the WhatsApp Group.



The support team



The challenges

Less than I thought!

The challenges

- Finding a suitable place
- How much more information supporters needed
- Sean not answering his phone – or opening his door!
- New appliances and new transport routes making more support needed
- Noise – Sean's noise and train noise
- Good things like organizing hosting for dinner takes effort
- Sometimes despite co-ordination, I have to guess what is going on
- Keeping the family culture in place

What we did to prepare:

- Invested in the support team and engaged a key worker; worked on team co-ordination including WhatsApp
- Documented Sean's routines, preferences and essential information on Ability 8
- Continued skill building (Cooking and public transport)
- Set up some safety net: TILE/Life 360/Extra keys/Calendars
- Discussed key fears around bedtimes, healthy eating, and feeling lonely

The benefits:

- Lots of social opportunities – regularity of contact with people, including return invites
- Enormous growth and pride – travel, weight loss, cooking, self-care, figuring things out
- Lots of local presence and connections – local gym, library, barber, shops, cafes, basketball courts etc.
- His own routine and life choices



What does home
look like?





Host







Host



Growth, independence, and taking a lead



Top tips:

- Don't overthink it – prepare for the predictable issues and get some documentation or communication systems in place but keep it **ordinary**.
- Work out what sort of home and home life makes sense for who your family member is and who they want to become
- Recognise not everything will go to plan but that is OK! They are resilient and so are you. Know your family member will grow and develop.

Q & A