



My Home, My Way Workbook

Name:

Date:

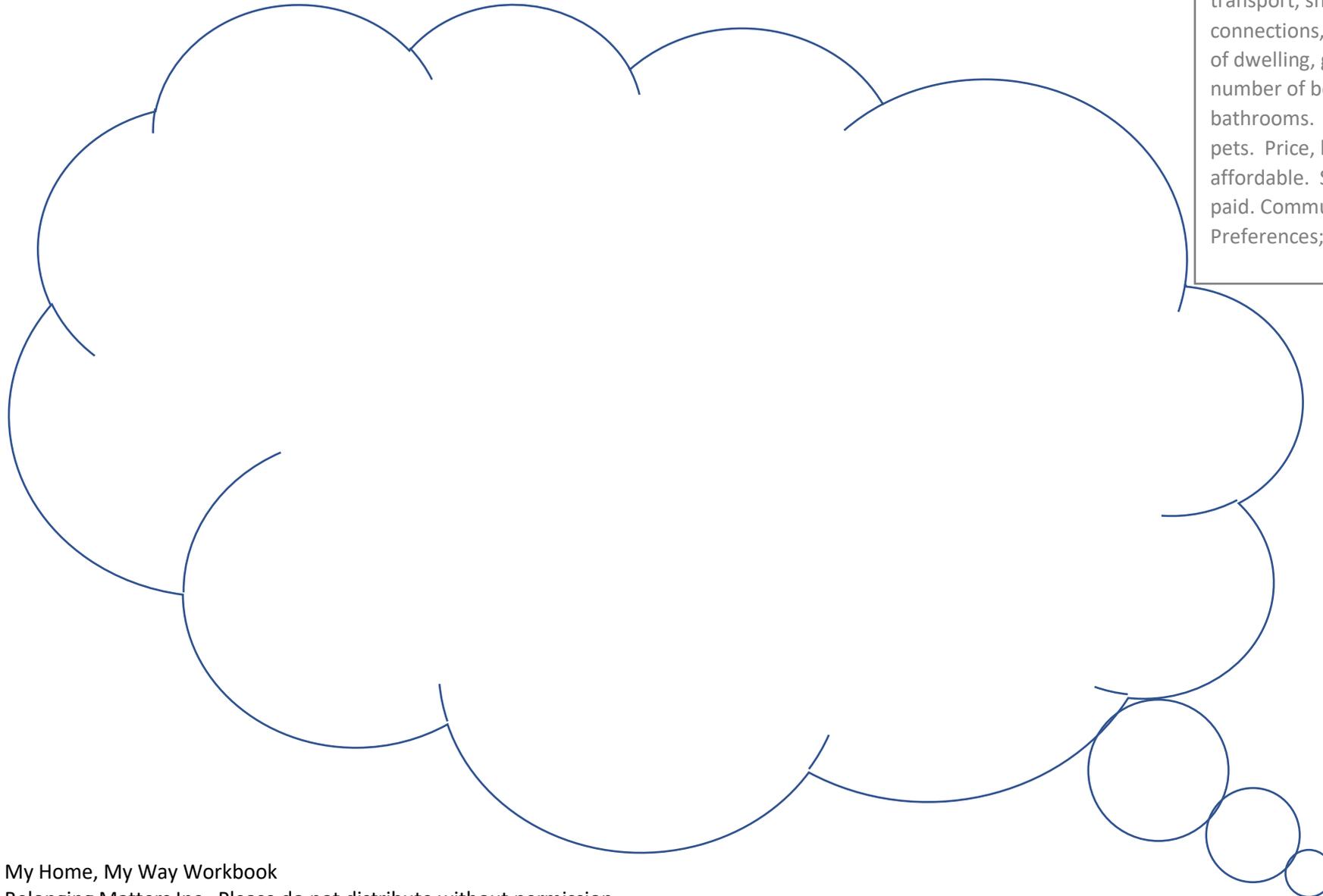
Some of my biggest fears, barriers, and resistances...

List any fears, barriers or resistances I currently have	List ways I can address or mitigate these concerns

Vision

Imagine!!! The ideal vision for your own home! Dream Big. Draw, Write, create...

Think about: Where e.g close to transport, shops, work, connections, neighbourhood. Type of dwelling, garden, decor, size e.g number of bedrooms, living spaces, bathrooms. Who with; people, pets. Price, how to make it affordable. Supports, natural and paid. Community and Roles. Preferences; likes and dislikes.



Leadership

Who does, will or could provide leadership around your vision?

Are there any people you could invite to share and develop your vision?

Making My Home

What typical things do people do in their own homes?	What new roles might the person (and others close to them) need to take up in their new home?	What new skills will the person need to learn in their new home?
<p>E.g. Invite guests over, Gardening, Cooking, Cleaning, Relaxing</p>	<p>E.g., person as a Host, Housemate, Friend, Partner, Gardener, Neighbour, cook in their own home E.g., Parent as a Guest in the person's home, Support worker as an assistant to the homeowner.</p>	<p>E.g., Cooking, cleaning, making friends, organising</p>
<p>What are some other considerations that will make my home unique to me?</p>		
<p>E.g. Having space for my dog, my BBQ, playing music, having parties.</p>		

Who's Really in Control?

Opportunity to think about decision so that you have autonomy and control in your own home or when you move. Think about each life area and who is currently in control, who should be in control and any steps you might take to have more control. You can use this to plan for when you move into your own home or to reflect on what's happening in your own home now.

Life area	Who is currently in control? For example, Workers or Parents	Whose responsibility is it really? Ideally, who should have control? For example, you and housemate	Steps to move towards this For example, identify who you would like to visit and how or when I would like this to happen. E.g., parents ring me before they come over to visit; my housemate and I will prepare a meal every second Sunday and invite my siblings over; my housemate will discuss with me before they invite any of their friends into our home
Who comes into your home and when			
Money, personal finance			
Deciding what happens in your home			

Life area	Who is currently in control?	Whose responsibility is it really? Ideally, who should have control?	Steps to move towards this
Keys to the door			
Shopping, food, cooking			
Decor			
Routines, for example, dinner time, time waking up and going to bed			

Life area	Who is currently in control?	Whose responsibility is it really? Ideally, who should have control?	Steps to move towards this
What you do at home for example, hobbies, TV			
Choosing support workers			
Decisions about going out - when and who with?			
Purchasing of clothing and hair styles			

Settling in

Read the tip sheet: Settling in to your new home (<https://www.belongingmatters.org/tipsheets>)

Think about you, or your family member who might be moving... Consider if any of these tips might be useful as you move into your new home.

What other things might you do to help you or them settle into their own home?

Before you move	During the time you are moving into the new home	As you are getting used to and settling into your new home

Your Supports (and Thriving)

Think about what you need support to do each day. It can be helpful to go through an entire day from morning to evening then overnight and list everything. You will probably be surprised at how much support is currently required, then consider these life areas as prompts to check for things you have missed. When thinking about who could provide support consider what is most natural and typical, consider needs for privacy, autonomy and adulthood. Once you have a good picture of supports needed and who could provide them, you can move to work to match what you require with funded options.

What are your needs? (Life areas)	What do you need support with at home? E.g., Help to make breakfast, meal prep and plan, making healthy food choices	Describe the support needed E.g., Prompt to get breakfast cereal and milk out, put together and clean up	Who is best placed to provide support? Consider natural and paid supports E.g., Housemate, neighbour, sibling, peer, Circle member, support worker, parent, coach, host family)		Estimate of hours E.g., once a day for 2 hours)	Notes E.g., housemate needs to do this in a natural way
			Informal/unpaid	Paid		
Nutrition and Preparing meals						
Shopping						
Cleaning						

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Personal_care						
Financial, for example, paying bills and budgeting, managing income						
Developing valued roles_ community/ neighbours guests/entertaining						
Health and wellbeing, for example, medication, medical appointments						

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Positive Image and social inclusion, for example, getting ready for work						
Emotional support						
Vulnerabilities and safeguards, feeling safe at home, long term sustained independence						
Planning the day,						
Learning, growth and experiences						

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Autonomy						
Identity and culture						
Other						

Where to from Here? Next Steps

List steps or actions that you can take right now. This could include reading, watching or listening to more resources. Taking one clear step towards moving. Working on your Vision. Spending time thinking about Supports... etc	Who is going to support you in this action?	When will this action be completed by?