

Readiness for Housing

Preparing for Your Family Member's Independence

When your loved one with a developmental disability moves out of the family home and into their new home, it's a milestone for everyone. Here are a few tips to set your family member – and yourself – up for success!

Prepare

Get started:

- Plan early & transition gradually
- Explore the new community before they move in
- Build a checklist of what needs to be in place for the move



Process

Build their readiness:

- Assess tasks you've been doing for your family member
- List their goals and skills
- Create a checklist together on what needs to be in place for them to thrive and be successful in their new home

Support

Encourage the transition:

- Keep your loved one at the centre of discussions
- Honour their feelings and opinions
- Include them. Nothing about them, without them!



It's OK to have a lot of feelings about this, but channel your energy into supporting the change!

Readiness is a journey, not a destination. Remember, this is a work in progress... so

Let's get moving!

