

APARTMENT 101 – RESPITE CARE - LIFESTYLE PLANNING - SUPPORTING COMMUNITIES



Participation House Project is always seeking innovative ways to provide opportunities to individuals to build knowledge, independence, and the skills to provide support for themselves. ***Apartment 101 - The Transitional Living Skills Apartment Program*** represents a proactive respite approach to supporting individuals with a disability towards more independence, and lessening the support requirements when they require assistance from community agencies. It is a program designed to increase self reliance and help equipped people with tools needed to successfully develop their life plan and reach their desired personal goals.

The individual, their family and staff work together to examine the responsibilities of living away from home and subsequently determine the level and types of supports required. Areas addressed include:

- **Budgeting – living within an ODSP Budget**
- **Housekeeping and Maintenance**
- **Affordable transportation- use of public transportation**
- **Healthy eating/ menu planning/grocery shopping**
- **Affordable recreational opportunities in their community**
- **Community connectivity-developing or expanding social networks/supports**

For more information regarding this program, please contact Sue Pereira, Director of Operations, Participation House Project.