

### *Who will care for my child when I am not here?*

Housing options are determined by the circumstances of each individual, the degree of support they require, and their financial resources. There are many different housing options to consider, and each family will need to decide on the option that is best suited to the needs of their child and best matches their financial circumstances.

### *Housing options*

**Semi-independent Living:** Some degree of light support. Communal space for social interaction. Opportunity for individual growth and autonomous decision making.

**Community Living:** Individual or shared units and communal support on site. It could be integrated with a seniors or similar supported living developments. Intergenerational knowledge sharing and reciprocal support.

**Supportive Roommates:** Provides overnight and daily support from apartments to houses. Social interaction opportunity paired with reinforcing assistance.

**Home Sharing:** Many families open their homes to those with disabilities, often providing 24/7 support. Inclusive, shared, and welcoming environment of a family.

**Community (Group) Home:** For those with more intense support requirements, the traditional group home (3-4 people) provides 24/7 support in a community setting with funding support from PDD.

### *Financial Resources*

The first category to consider is does your child have PDD funding or not. Some families have PDD funding and additional capital resources, but others may not.

If your child does not qualify for PDD funding but still needs some amount of support, housing options will depend on whether you as a family have any additional capital resources. If not, your child may qualify for low-income housing options.

### *Action Steps*

- Determine the needs and wishes of your family member with ASD.
- Develop a time line for when your child will leave home, while keeping expectations realistic.
- Work on independent living skills: housekeeping, mealtimes, hygiene/grooming, dressing, coping with appointments/health.
- Experiment with different housing options (i.e., respite, living with other family members)
- Connect with other families:
  - Aspires Housing Committee of Calgary (regular meetings with featured speakers @ The Ability Hub 403.210-5000)

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## RESOURCES

The Resource Centre (a Sinneave Family Foundation initiative) does not endorse or guarantee the exhaustive, complete, accurate or up-to-date nature of information provided and does not assume any risk for the outcome of information or referrals provided.

### Alberta Council of Disability Services

Includes a list of organizations that support and influence Community Disability Service.

Phone: 403.250.9495  
Fax: 403.291.9864  
Address: 160, 3015 – 12<sup>th</sup> Street NE, Calgary, AB T2E 7J2  
Email: [acds@acds.ca](mailto:acds@acds.ca)  
Website: [acds.ca](http://acds.ca)

### Persons with Developmental Disabilities

Provides a quick guide to accessing and receiving PDD

Website: [humanservices.alberta.ca/disability-services/pdd.html](http://humanservices.alberta.ca/disability-services/pdd.html)

### Approved Regional Service Providers

Provides a list of agencies that offer a variety of housing options: supported independent living, support homes, overnight staffed residence, and in and out of home respite.

Website: [humanservices.alberta.ca/disability-services.html](http://humanservices.alberta.ca/disability-services.html) (Disability Services & Approved Service Providers)

### Autism Calgary

Provides advocacy support, education, and parent support.

Phone: 403.250.5033  
Address: 3639 - 26 Street NE, Calgary, AB T1Y 5E1  
Website: [autismcalgary.com](http://autismcalgary.com)

### Autism Alberta

A network and collaboration amongst autism groups comprising parents of children and adults with ASD, family members, individuals with ASD, and caring community citizens

Phone: 1.877.777.7192  
Address: 3639 - 26 Street NE, Calgary, AB T1Y 5E1  
Email: [info@autismalberta.ca](mailto:info@autismalberta.ca)  
Website: [autismalberta.ca](http://autismalberta.ca)

### The Ability Hub – Launch Program

Identify goals, strategies and resources for your child through the development of an Individualized Transition Plan including a focus on continued education, employment and housing options.

Phone: 403.210.5000  
Address: 300, 3820 - 24<sup>th</sup> Avenue NW, Calgary, AB T3B 2X9  
Website: [launch@theabilityhub.org](mailto:launch@theabilityhub.org)

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