

## **Disability Resource Hub Disclaimer**

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# My Place...My Future...My Journey



## Things to think about when choosing a place to live

- What sort of place do I want to live in?
- What would it look like and feel like?
- Where is it located?
- What support will I need to live in that place?
- Does the place meet my needs?
- Will I feel safe?
- Who will share my place with me?
- Will I have choice and control over who comes to the place?
- What are the rules and what are my rights?
- Will the people who work in the place respect and support me and my culture?

## Some of the choices include

You can ask a provider if you can visit some of the different types of places and ask about living there so you can make a decision.

### At home with the family

Many of our mob with disability live with their families and get support from family members and may also receive paid supports like 'drop in' support or support worker assistance to help you live at home or go out to do the things you enjoy.

### On your own

You can rent a place to live that is public (from the government) or private (from a real estate agent) and get support from family and friends and/or through paid supports like 'drop in' support to live on your own.

### Sharing with others

You can live with friends or other people with or without similar needs, sharing costs and household jobs. You may get paid support like 'drop in' support to live independently with others.

### Renting from a community housing provider

Community housing provides a place you can rent that is secure and affordable. They help with housing and maintenance jobs.

### Group homes

These are for people who need 24-hour support, usually with 4 to 5 people living together. Support is given with daily living during the day and at night if you need it.

# My Place...My Future...My Journey

LOOK / FEEL	Y/N	COMMENTS
Do I have good feelings about this place, does it have a good vibe?		
Is it a comfortable, clean and friendly place to live?		
Does it look and feel like a home?		
Will I have my own space that I can set up how I want?		
LOCATION	Y/N	COMMENTS
Is it close to my mob and friends?		
Are public transport, shops and local facilities near by?		
Will I be supported to participate in the community /social events?		
Is the accommodation close enough to work/day activities and interests?		
SUPPORT	Y/N	COMMENTS
Will my needs be met?		
If required would additional support be available?		
Are the staff trained so they can help me with my needs and interests?		
Will the staff help me keep in contact with my mob, family and friends?		
ACCESS / SAFETY	Y/N	COMMENTS
Can I get around the place easily?		
Am I allowed to make changes to the house if needed, like asking for hand rails?		
Is information available in a way that I can understand?		
Are there systems there to keep me safe?		
PEOPLE I SHARE WITH	Y/N	COMMENTS
Are there others who live here who are a similar age as me?		
Do the people who live here like some of the same things as I do?		

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CHOICE AND CONTROL	Y/N	COMMENTS
Will I be supported to live my life my way and do activities that I enjoy?		
Will I be supported to do outdoor activities like gardening and barbequing?		
Will I be supported to do household activities that interest me like cooking and laundry?		
Can I have a pet if I want?		
Do I get a say in what food is provided, including purchased food and cooked food?		
RIGHTS AND RULES	Y/N	COMMENTS
Are there rules about smoking and alcohol? Does this suit me?		
Do I get to have a say in what the rules are?		
If I am not happy and want to make a complaint, is this OK, will I be safe to do this and has this been explained to me?		
Have my rights and what I can and can't do in this place been explained to me?		
MY CULTURE	Y/N	COMMENTS
If there are staff that help out, do they understand and respect my abilities, my culture and beliefs?		
Can staff at my place help to organise events and cultural activities that are important to me and will I be encouraged to participate?		
Is information provided and support offered in a way that reflects my individual and cultural needs?		
OTHER BITS	Y/N	COMMENTS
Do I want to live in this place?		
Can I afford to live here and have all the costs been explained?		
Can I talk to someone who has lived in this place to hear what it's like?		
What furniture and household items will I need to bring with me?		

Contact for questions

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