



Name: \_\_\_\_\_

Date: \_\_\_\_\_

# My Home, My Way Work Book



This workbook was originally produced by Belonging Matters Inc.  
It was shared with the My Home My Way project to accompany the My Home My Way webinars and workshops. It should be used as information and reference only. Please do not distribute without permission.



# My biggest fears, barriers and resistances...



Sometimes our fears can prevent good things from happening. By listing some of these, it will help you to think about ways to overcome them.



My Current fears, barriers and resistances about moving into my own home

Steps I could take to overcome them



## Think about

- Where - close to transport, shops, work, connections, neighbourhood.
- Type of home - unit, apartment, house, multilevel
- Size of home - number of bedrooms, living spaces, bathrooms
- Features - garden, décor, accessibility, light, style
- Who with - alone, housemates and their qualities, pets
- Price - budget, how to make it affordable
- Supports, natural and paid.
- Community and Roles.
- Preferences; likes and dislikes.



# Leadership



You may need some assistance to think about a vision for your own home, especially if you have not lived out of home before. Think about people you trust who could assist. Also people who might provide some leadership to make it happen.

Who could you could invite to help you develop your vision and who can you share your vision with?

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

# Making my home



When you move into your own home it's important for you to make it your own home. Every one has their own routines, tastes and preferences. There may also be new skills to learn and develop.

What are some of the typical things people do in their own homes? For example invite guests over, gardening, cooking, cleaning, relaxing, paying bills

What new skills will you need to learn when you move into your new home? For example, cooking, cleaning, making friends, organising

# Making my home



What new roles might you be able to have in your new home? For example, host, housemate, friend, partner, gardener, neighbour, cook

What new roles might others have? For example a parent becomes a visitor

# Making my home



What other things would make your home unique to your tastes and preferences?  
For example, art work, colour, décor, furniture, a BBQ, playing music, having parties.

Other things to think about?

# Supported Decision Making



Whose really in control? 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 now.

Life area	Who is currently in control? For example parents, workers	Whose responsibility is it really? For example yours, the housemate	Steps to move toward this
Who comes into you home and when?			
Money, budgeting, finance			
What happens in my home			
Keys to the door			
Shopping, food and cooking			
Décor			
Routines, e.g dinner, waking up, going to bed			
What you do at home e.g. hobbies, TV			



# Supported Decision Making



Life area	Who is currently in control? For example parents, workers	Whose responsibility is it really? For example yours, the housemate	Steps to move toward this
Choosing support workers			
Going out - when and who with			
Clothes			
Personal style e.g. hair			
Other			

# Settling In



Think about moving into your own home. What things might help you to settle in? This tip sheet about Settling into Your New Home might help. <https://www.belongingmatters.org/tipsheets>

Before you move into your new home

During the time you are moving into your new home

# Settling In



Think about moving into your own home. What things might help you to settle in?

As you are getting used to your new home

Other things to think about

# Supports and thriving



Think about what you need support to do each day. When thinking about who could provide support consider what is most natural and typical. 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 you needs? (Life area)	What do you need support with at home? Be specific!	Describe the support needed	Who is best placed to provide that support?	Hours of natural support	Hours of paid support
Nutrition and meals					
Shopping					
Cleaning					
Personal care					
Financial					
Developing valed roles at home/comm unity					
Health and wellbeing					

Notes

# Supports and thriving



What are you needs? (Life area)	What do you need support with at home?	Describe the support needed	Who is best placed to provide that support?	Hours of natural support	Hours of paid support
Positive image e.g for work					
Emotional support					
Vulnerabilities and feeling safe					
Planning the day					
Learning and growth					
Autonomy					
Identity and culture					

Notes

# Next Steps



Think about your next steps. List steps or actions you can take right now that can assist you to move towards your vision. These might be small or big steps!

List steps or actions you can take right now. Taking one clear step towards you vision	Who can assist you with this step?	When will this action be completed?

Notes