

## What is Trying It On For Size

A safe space to learn and develop confidence by practicing living away from your current home

An evaluation of your independent living skills

We highlight the specific areas in independent living where supports will be needed

It is designed around you with staff support that is flexible to accommodate your schedule



## For More Information Contact:

**Sarah Cadeau**

Services Director

118 Barnswallow Dr. Elmira ON N3B 2Y9

Phone: 519-669-3205 ex. 240

Email: [scadeau@elmiraacl.com](mailto:scadeau@elmiraacl.com)

## To Apply:

Developmental Services Ontario

Waterloo Region

Phone: 888-941-1121

[www.tryitonforsizeelmira.com](http://www.tryitonforsizeelmira.com)

## Trying It On For Size



**(TIFS)**

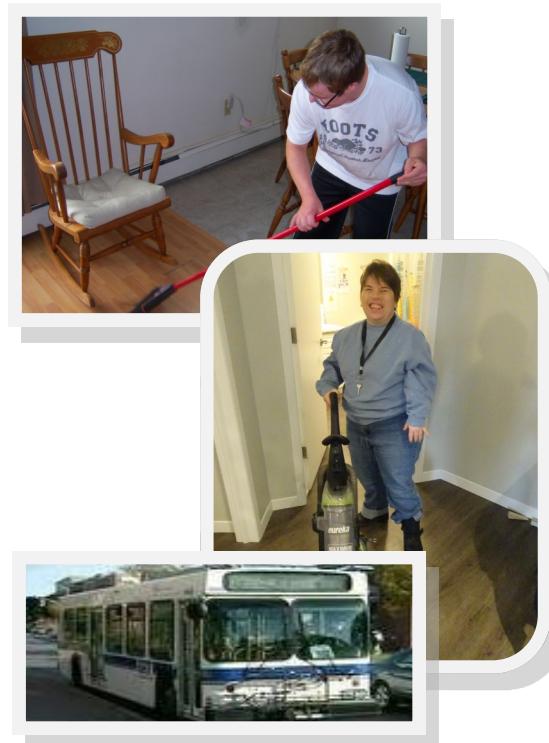


## Our mission:

Providing individuals with an intellectual disability an evaluation of their independent living skills, in a safe environment while creating opportunities to grow. The focus is on transitioning out of the current home.

## Who Is This For?

- ◆ If you are over 18 years of age.
- ◆ Live in the Waterloo Region
- ◆ Are looking to transition out of your current home
- ◆ Have a referral from DSO



## What Happens?

- ◆ You will come for one stay each month for up to six months
- ◆ In the first 1-3 months a stay is two nights and you can receive full staffing support during those stays
- ◆ In the 4-6 months a stay can be up to five nights and six days with a maximum of eight hours of staffing support each day

## Why We Encourage Your Supports To Be Involved

- ◆ TIFS provides you with an evaluation report of your independent living skills.
- ◆ Your supports will work with you to develop the plan and find housing

## What Is Assessed?

Areas covered under the evaluation include (but are not limited to):

- ✓ Personal Safety
- ✓ Self-Advocacy
- ✓ Community Supports/Resources
- ✓ Cleaning
- ✓ Food Preparation
- ✓ Time Management
- ✓ Budgeting/Money Management
- ✓ Building Social Connections

