

## Barriers to Housing



## Enablers to Housing



## Barriers to Support



## Enablers to Support

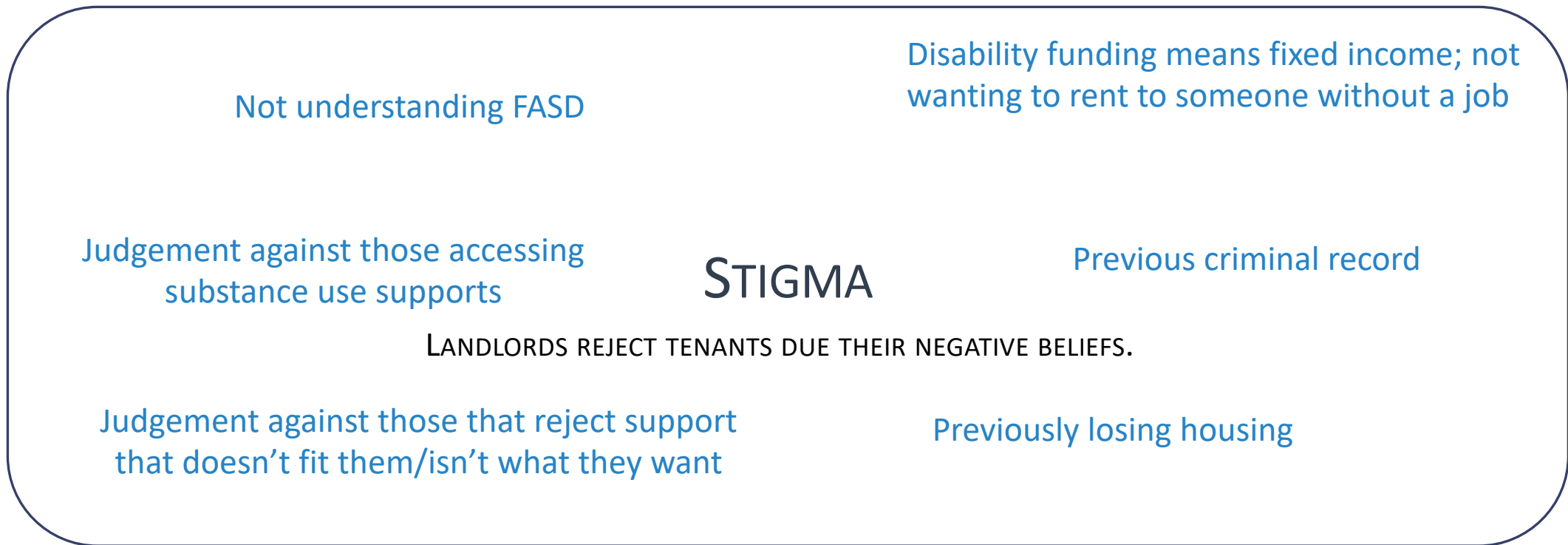


## + Ideas for Improvement

GUARANTEED HOUSING    SUPPORTIVE LANDLORDS    SUPPORT-OWNED HOUSING    TRANSITIONAL HOUSING    ADAPT TO SENSORY NEEDS    PROCESS CONTACT    DAY-TO-DAY SUPPORT    APPLICATION & PAPERWORK HELP    TOOLS FOR HOUSING    CAREGIVER SUPPORT    AUTONOMY BALANCE



# ■ ■ Barriers to Housing ■ ■



# ■ ■ Barriers to Housing ■ ■

Inflexible housing rules  
(e.g. dry shelters, no pets, no  
damage)

Lack of suitable, safe housing  
– lack of wanting to do the  
work to make it suitable, safe

## LACK OF INDIVIDUALIZED ACCOMMODATIONS

INDIVIDUALS ARE NOT SET UP (OR ALLOWED) TO SUCCEED.

No exceptions

*I've been living on the street and  
my ID was stolen, what now?*

*I just turned 18 and I have no  
credit, what now?*

Not wanting to  
understand FASD, or the  
individual who has it

Paperwork;  
sets up an unsafe power  
dynamic where individuals  
who do not understand may  
not know their rights

# ■ ■ Barriers to Housing ■ ■

Extra funding is strictly limited  
(e.g. based on IQ)

Sudden, unexpected charges  
lead to constantly building  
debt that cannot be paid off

Money is a constant worry

**LIMITED RESOURCES**  
MONEY IS ONE OF THE BIGGEST BARRIERS.

Housing with an all-or-nothing  
supportive approach – not  
enough transitional housing

Disability funding is not a  
livable wage  
(Landlords know this)

Lack of safe, supportive  
housing available at all

# ■ ■ Barriers to Support ■ ■

Lack of understanding around FASD – both in the general public, and in supports that are meant to help

Reinforced hopelessness; Betrayals & failures by systems & supports that don't understand FASD leads to the feeling that nothing exists, nothing will change.

## UNDERSTANDING

Stigma around substance use (e.g. difficult to gain/maintain support with strict abstinence policies)

LACK OF AWARENESS AND ACCEPTANCE OF FASD MAKES SUPPORT DIFFICULT—AND LIMITED.

Complexity of FASD makes it difficult to understand, even for those trying to learn

Invisibility of FASD – disbelief of the disability (both by themselves and by others)

# ■ ■ Barriers to Support ■ ■

FASD as a taboo topic; difficult to reach out to gain knowledge, supports

Money as a limiting factor

Awareness of support –  
Needing to already know if & where supports are available to know to access them at all

Strict policies preventing access to necessary supports  
(e.g. IQ as a nonrepresentative marker of function)

## ACCESS

SUPPORTS MAY: NOT EXIST, NOT BE KNOWN OF,  
AND/OR HAVE RIGID RULES OF ENTRY.

Many applications & supports require internet access

Removal of supports when individual begins to appear to “no longer need them”

Needing to know how to navigate paperwork & other admin to gain supports

# ■ Enablers to Housing ■

Individualized accommodations within the house  
(e.g. paint colours, reinforced walls, taking doors  
off of closets, post-it reminders around the house)

Supportive family available  
to help with housing

Transitional housing;  
more “in-between”  
levels of support

Early diagnosis to provide  
time to learn & plan what  
future supported housing  
should look like

## TAILORED SUPPORT

ADAPTING THE HOUSING ITSELF TO SUIT THE INDIVIDUAL, AND NOT  
EXPECTING THE OPPOSITE.

Support workers who  
help with daily living,  
cleaning, cooking, etc.

Eviction  
prevention  
services

Support services being in control of eviction  
(either in contact with landlord, or as the  
landlord themselves)

# ■ ■ Enablers to Housing ■ ■

Landlords who are understanding & flexible – willing to move forward with accommodations (e.g. willing to make a spare key to put under a mat to avoid being called multiple times)

Supports that allow individuals to move to other “levels” of housing if needed; getting more or less support as it works for them

Landlords willing to communicate & work with support services (as opposed to going straight to eviction)

## FLEXIBILITY

UNDERSTANDING FASD IS DIFFICULT, BUT UNDERSTANDING WHAT A PERSON NEEDS, AND STARTING THERE, CAN MAKE IT EASIER.

Landlords accepting different systems of payment (i.e. getting paid right from the government)

Seeing disability funding as guaranteed funds from government, as opposed to something to stigmatize



# ■ Enablers to Support ■

Supports that are a middle-ground  
between all or nothing;  
Something better suited to the  
individual

Supports that want to learn about  
FASD & are willing to continue trying  
to adapt to the individual over &  
over again

## WILLINGNESS TO ADAPT

THE WILLINGNESS TO BE FLEXIBLE AND  
UNDERSTANDING IS VITAL IN SUPPORTS THAT WILL  
BE WELL-SUITED TO THE INDIVIDUAL.

Supports that are willing  
to change when  
necessary, supports that  
adapt to the individual  
they're working with

Collaborative teams  
working together –  
supports being willing  
to work with caregivers  
as an equal member of  
the team

# ■ Enablers to Support ■

Money can be a barrier or an enabler – depending on the amount available

Supports within walking distance, or reliable public transport

## ACCESS TO RESOURCES

WHAT AN INDIVIDUAL HAS TO WORK WITH CAN AFFECT THE SUPPORTS THEY CAN GET TO—ENHANCING RESOURCES COULD

Adequate nutrition allows for better emotional regulation – food as a resource & a support

ENHANCE SUPPORT. Some sort of home base with internet available, whether it be through housing or a support center

# ■ Enablers to Support ■

Caregivers searching & trying for supports over & over again

Support workers & caregivers going above & beyond—filling multiple roles

Seeking out supports even if diagnosis is not official (e.g. in schools)

Check ins by caregivers/supports for nutrition, shopping, helping with budgeting

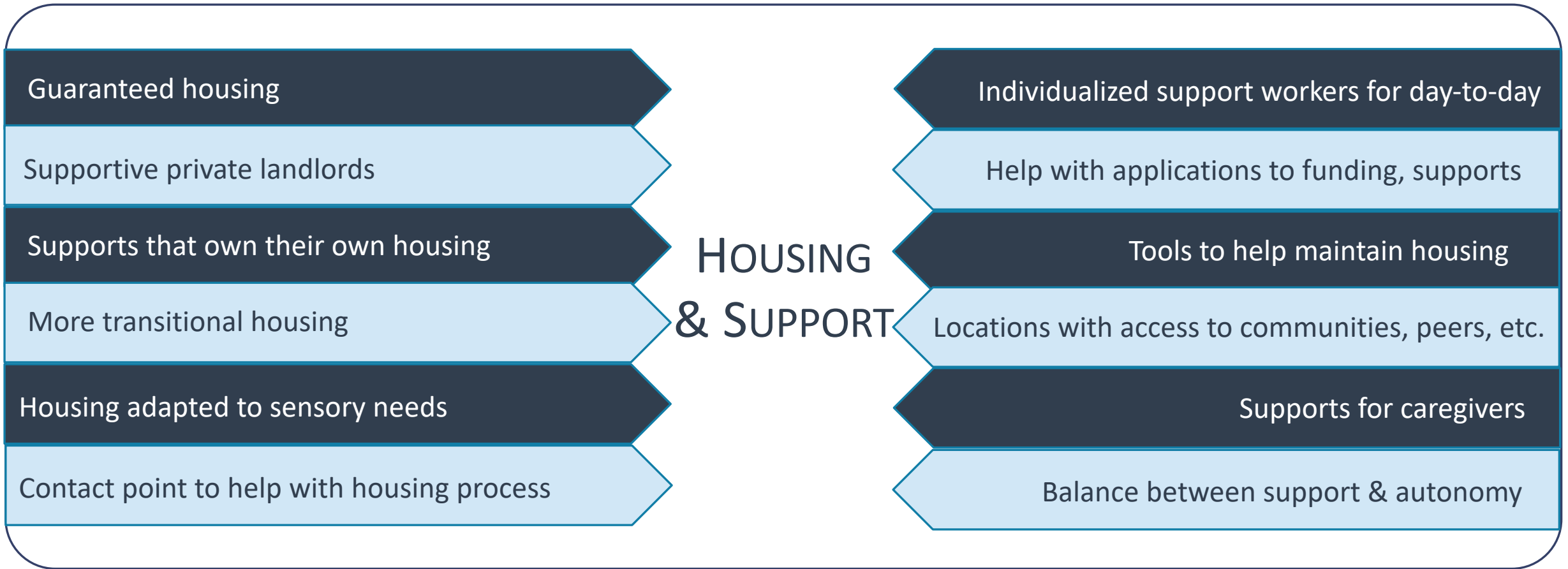
## PROACTIVE SUPPORT

ANTICIPATING WHAT IS NECESSARY AND HAVING HELP TO SEEK IT OUT SMOOTHS OUT THE SUPPORT PROCESS.

Communication with the individual to let them understand & work alongside their disability

Supports linking to other supports, working with individuals & caregivers to seek out what else they need

# ■ Ideas & Ideals ■





# CHOOSE

# Project Update – done!

We'll pass it over to Overlap now, but first—  
Any questions or feedback?

Project  
Update



Participant  
Overview



Preliminary  
Findings



Self-Directed  
Resources