## Introduction to Home Sharing For PEOPLE LIVING IN HOME SHARING







The search for home, for the fulfillment experienced through meaningful relationships and a shared life, transcends disability...



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#### What is home sharing?

Home sharing is one of the services Community Living BC (CLBC) funds to help people live as independently as possible in a caring and safe home.

Home sharing happens when you, the person eligible for CLBC, and a person who is paid to provide support, live together in a home that is rented or owned by the paid support person.

The paid support person is called a home sharing provider.

Home sharing looks different for different people. Some people live with a family. Others live with a roommate or a couple. Some live in a separate suite (apartment) that is part of the home.

#### **Erin**

"Hi I'm Erin! I'm 30.

I live in a house with Deb in Vernon. I have an awesome bedroom and we share a cat. Deb helps me do things that are important to me like getting to my job, seeing my friends, and staying in touch with my mom and dad and sister who live in Calgary."



If you are interested in living in a home sharing situation, the kind you have will depend on what you want and need. You may be looking for a very close relationship with the people you share a home with,

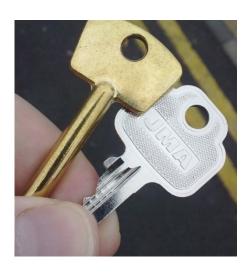


to be part of a family. You may be interested in spending a lot of time with the people you live with and doing daily activities together.

You might also want or need support with things like making friends, your health, meals, personal care, or connecting to community.

Or, you might like having a different life and schedule from the people you share a home with. You might even want a separate living space and to only spend time with other people in the home when there is a need to.

Whatever your home sharing situation looks like, the home must support the needs and choices of all the people sharing the home. Like any other home, if you live in home sharing you can welcome friends and family to visit, decorate your space, enjoy privacy, and come and go as you please. The home sharing situation should also support you to live a full life, as a member of your community, in ways that work for you.



#### What home sharing is meant to be

Home sharing is meant to be a place where the people sharing the home are happy living together. For this reason, it is important to take the right steps to find a home sharing situation that will work for you. Steps like getting to know the people you might live with, making sure your wants and needs and the wants and needs of the home sharing provider match, and taking time to get ready to start sharing a home are important.

Home sharing is not usually meant to be used for situations where you need an emergency place to stay.



If you are in a home sharing situation that isn't working for you, it is important to let the home sharing provider, or the home sharing agency and/or a CLBC facilitator know as soon as possible. They can plan with you to find solutions.

#### Who is involved in home sharing?

A home sharing situation includes different people with different roles. The main ones are the:

- 1. **Person** you the person receiving the home sharing service.
- Home sharing provider - person paid to provide the home sharing service.
- 3. Home sharing

  Coordinator service
  agency staff who set
  up home sharing and
  make sure it is
  working well.
- Your Family, Friends,
   Supporters and
   CLBC, and the local
   community can also play important roles in home sharing.

You and any involved family / friends / supporters in your life, the home sharing provider and home sharing coordinator all work together so that you have the best possible home experience.



#### **YOU – the person receiving service**

You are the reason CLBC funds home sharing.

Other people involved in home sharing work to make sure you are safe and live a full life in community. Home sharing may not be the only support to help you do this, but a safe and supportive home is a big and important part.

To make sure the home sharing situation works best for you, it is important that you know what you want and need before choosing a home sharing provider. Think about things like cultural safety and respect. If you are Indigenous you may want to learn more about your culture. You may want to live in an Indigenous Community. If you want to live in a way that is respectful of your culture it is important to make sure the home sharing provider knows this.

The BC government has made a rule or ACT called the Declaration on the Rights of Indigenous Peoples ACT or DRIPA for short. The aim or purpose of the ACT is to create a path forward for respecting the human rights of Indigenous Peoples. CLBC is part of the BC Government so it will follow the ACT and support your rights to live in dignity and respect of your culture.

Once you move into your new home, you need to be willing to work things out with your home sharing provider, to know your rights and responsibilities, and to speak up if things are not working. If you do these things, your shared home has a much better chance of working out well for everyone involved.



#### Your RESPONSIBILITIES

- Treat your shared home and the people you live with in a respectful way
- Know your rights and responsibilities
- Be responsible for and stick to the agreements you make in the home sharing situation
- Speak up if something isn't working for you, if you need something, or you would like something to change
- Know who to call if you have concerns

#### **Your RIGHTS**

- To make choices and direct your service
- To have changes made if your wants and needs change or it's not working
- To be treated with dignity and respect whatever religion, culture, lifestyle, friends, and traditions you have
- To live in a safe home and be supported to participate safely in the activities of your choice
- To have your rights and privacy as an adult respected
- To have your family, friends, and others important to you welcomed and encouraged to be involved in your shared home
- To live in a home that supports you to have a good quality of life, experience the rights of citizenship, and contribute to community in a personally meaningful way
- To contact CLBC or an advocate if you are not comfortable bringing your concerns to your home sharing provider or agency



#### Family, friends and supporters

If you have family, friends, or other supporters involved in your life, you will probably want them to be a part of your home life.

Your home sharing situation is your home. A home is somewhere where we have family and friends visit us when we'd like them to; help us when we'd like them to; and be involved when we'd like them to. Sometimes they come for short visits and sometimes they stay longer, including overnight.

Having a choice about when and how your family and friends are involved in your home is as important as having a choice about where you live.

When choosing a home sharing situation, it is important that you let everyone know how you would like your family and friends to be involved in your home so you can choose a home that will support this.

It is also important to find out about the family, friends, pets, or other roommates, involved in the home sharing provider's life to make sure you will be comfortable with the people coming into and out of your shared home.



#### RIGHTS and RESPONSIBILITIES of your family, friends and supporters

- To be treated with consideration, trust, honesty, respect, acceptance, and fairness
- To be welcomed and involved in your shared home if you want them to be
- To have their deep understanding of their loved one (you!) heard and respected
- To be informed of important information about the you (if you are okay with that)
- To contact CLBC or an advocate if they are not comfortable bringing your concerns to the home sharing provider or agency
- To treat the people involved in the home sharing situation in a respectful way; communicate in helpful ways.
- To provide support to the home sharing provider as they are able to
- To know the rights and responsibilities of everyone involved
- To be responsible for sticking to the agreements made in the home sharing situation



#### **About home sharing providers**

A home sharing provider can be a single person, couples, or families from many cultures and backgrounds.

Home sharing providers must show they are qualified to do a good job before they start. They do this by applying to be a home sharing provider with an agency that is approved by CLBC. Once they have applied, the agency will do what is called a "Home Study." A Home Study helps the agency know if the person, couple, or family are qualified to be a home sharing provider and the kind of shared home they would like to offer.

Once a home sharing provider is approved and sharing a home with you, there are rules they must follow and things that are expected of them.

#### Are there rules for Home sharing providers?

What is expected of home sharing providers and the rules they must follow are set by Community Living BC (CLBC) in standards, policies, and other documents for home sharing.

To read these documents visit:

www.communitylivingbc.ca/for-serviceproviders/home-sharing-providers/home-sharingproviders/



#### **Home Sharing Provider RIGHTS**

- To be treated with consideration, trust, honesty, respect, acceptance, and fairness by you and others in the home sharing situation
- To (subject to privacy laws and with your consent) receive information about you that is needed to make the shared home work well (like medical, support needs, family history, other as needed)
- To (subject to privacy laws and with your consent), consult members of your support network, involved professionals, and CLBC as needed to meet your needs
- To have the tools, information, resources, and support needed to provide good service.
- To receive services to support and stabilize the home, or you, in times of crisis.
- To be provided with an explanation when a contract is ended (subject to privacy laws and with your consent).
- To receive and use services such as respite to support their role as a home sharing provider.



#### **Home Sharing Provider RESPONSIBILITIES**

- To always treat you with respect and dignity and fully include and treat you as an equal member in the home and community
- To make sure you are safe and well
- To help and support you
- To make sure you have nutritious meals that respect your cultural backgrounds and dietary needs
- To be a positive adult role model and support your independence and personal growth, balancing dignity of risk with safety
- To make sure you have appropriate medical and dental care, participate in the development of plans, and follow advice from your health professionals
- To encourage and support you to connect with your community, including cultural and faith groups
- To help you have positive relationships with your family, friends and other people who are important to you



## Home sharing coordinator / service agency

Home sharing coordinators play an important role in home sharing. They help you make plans about your goals and needs that make sense to you. They also check on how things are going to make sure you are getting quality support and your home is the way you want and need it to be.

They help make sure everyone involved in the home keeps positive relationships with each other and work things out when there are disagreements, or when things aren't working well.

Home sharing coordinators also provide information to you, your family, friends and other important people in your life as well as the home sharing provider. This information could be updates or other news, so your home sharing provider has the knowledge and tools they need to do a good job supporting you.

## Important Responsibilities of a Home Sharing Coordinator and/or Local Service Agency

- To find home sharing providers with the right values and do a 'Home Study' for each new home sharing provider to make sure they are qualified, and their home is safe and a good fit for you.
- To help you and your family, friends and other important people in your life to meet and interview different home sharing providers to find the right match.
- To set up the contract that explains what the home sharing provider will be paid to do, check in regularly with you and the home sharing provider to see how things are going, and be available to help if things are not going well.



When there is an emergency or crisis, the home sharing coordinator supports everyone to find and implement solutions.

Home sharing coordinators stay in regular contact with the people involved in home sharing – by phone, video calls, and in person to make sure things are working well, everyone is safe and happy and that YOU continue to get what you want and need in your home.

#### **Community Living BC**

Community Living BC (CLBC) is involved in home sharing in a few different ways.

- It funds home sharing services.
- It can work with you, your family and other supporters during the planning process

You are free to contact CLBC if you are not comfortable telling your home sharing provider or the home sharing coordinator about a concern you have with your home sharing situation.

- It sets provincial rules, requirements, and guidelines for home sharing services about what is expected and how it should work
- It can also provide access to other supports and help you to plan
- It monitors the agencies that coordinate the home sharing services

CLBC sets requirements called "standards" for agencies that coordinate home sharing and for home sharing providers. It monitors (checks) to make sure everyone is meeting the standards. This is one way that CLBC makes sure your home sharing situation is working for you.



#### **Local community**

The **community** around the home is an important part of home sharing. Being part of your local community, sharing your strengths and gifts, is very important to having a good Quality of Life. Your home sharing provider will help you connect with your local

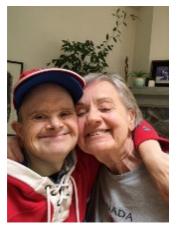


community in ways that work for you, as much as you'd like to.

#### Rosie

"Hi I'm Rosie. I'm 20 and ready to move out and have a roommate my own age. My friend Kelly and I are making plans to rent an apartment together. Kelly will get paid to help me with support I need like cooking and shopping and having parties with my other friends! Kelly will be my home sharing provider."





#### Mark

"Hi I'm Mark. I'm 50. I used to live with my brother and sister-in-law in a suite in their house. Now I need more help, so I moved in with a close family friend, Sue, who has an extra bedroom in her house. Sue is a retired nurse, so she knows how to help me with some of the things that come with getting older, like my medical

appointments and looking after my health. She also takes me to the dollar store and Tim Hortons!



#### Is home sharing for me?

Home sharing is a great option if you want to share a home with other people, want to know someone is there to help you at home when and if you need it. In many home sharing situations, you will be living as part of a family home, with a room of your own and sharing other parts of the home with those you live with (kitchen, living room, washrooms).

If sharing a home that someone else owns or rents is not for you. there are other services CLBC funds that help people who want to live in community with the support they need.

Contact your local CLBC office here for more information: www.communitylivingbc.ca/ contact/local-offices

#### **Other Services that** help people live in community

**Live-In Support**: a support person shares your home (that you rent, lease or own) with you and provides ongoing support for you.

Outreach Support: a support person visits your home to give you support at times during the week when you need it.

**Cluster Living**: a support person provides support to you and a group of other people who live close to each other (often in the same apartment building). The support person may live close to you too.





This can be a helpful tool to complete to understand what is important for you in a living situation.

#### **Is Home Sharing Right for Me?**

What I'm Looking for When Sharing a Home	Yes	No	Maybe
Living with other people			
Having my own room			
Having people to help me, be around during the daytime/nighttime			
Things to Ask Myself			
Can I be ok with working out schedules and talking about who or how many people are coming over?			
Can I do stuff at home based on what I need AND also remember what the people I'm living with need?			
Can I be ok with not doing everything I want when I want and how I want at home, because I share the home with others?			
Can I share different parts of the home I live in with other people? (Like kitchen, living room, possibly bathroom)			
Can I follow house rules that other people decided on, or that I don't set all by myself?			
Can I have other people noticing what I do, and giving me advice about what's good for me or not good for me?			

Can I have people around in my home who are not my friends or family?		
Can I live somewhere where visitors and other people may come to live or visit, even when I don't feel like visitors?		

If you answered "yes" to a lot of things, then home sharing may be a good type of home for you.

If you answered "no" to a lot of things, home sharing may not be a good type of home for you.

If you answered "maybe" to a lot of things you might want to talk with a CLBC facilitator about other types of home options. You can also go to a Welcome Workshop to find out about different types of homes people have created.



#### How to request home sharing

#### Contact your CLBC office

The first step is to contact the CLBC office near you to set up a meeting with a facilitator. A facilitator is a CLBC staff who can help you plan about connecting to community, connecting to services, or problem solving other challenges you and/or your family may be facing. To find the CLBC office near you click here. If you are already connected to a CLBC facilitator, contact them directly.

# 2. Meet with a CLBC facilitator. 3. Ask the facilitator to put in a request for service. 4. Wait for your request to be approved.

#### Meet with a CLBC facilitator

Let the facilitator know you are interested in home sharing and the kind of situation you are looking for. The CLBC facilitator can help you think about whether home sharing is the best way to find the home you want and support you need. They can also make sure you know about the other types of home support CLBC funds, in case there is a different service that would be a better fit with what you are looking for.

#### Ask the facilitator to add you to the request for service list for home sharing

If in your meeting with the CLBC facilitator you decide home sharing is the right service for you, ask them to put you on CLBC's Request for Service list for home sharing.

#### Wait for your request to be funded

CLBC needs to approve funding to pay for your home sharing support before it can start. CLBC gets more requests than it can pay for each year, so it has to decide which ones to fund first. It does this by looking at how much support a person needs and how soon it is needed. For example, someone who is homeless, they will probably get funding for a service that helps them get a home before someone who isn't homeless. Because of this, you may have to wait for your request for home sharing funding to be approved.



#### Finding the right home sharing situation for you

Once you are approved for home sharing it is very important to find the right home and home sharing provider for you. Making this important match can sometimes take longer than you want it to.

There may not be many home sharing situations available, or maybe there isn't a home sharing provider in the community you want to live in, or maybe it's taking longer to find the right match. If you find yourself waiting for a home sharing situation to live in, please know that everyone is working very hard to find a place you can truly call home.

People have created home sharing situations with relatives (like an adult brother or sister, cousin, aunt, or uncle), friend they know through school or work, or another person they know from community and social activities like church or sports teams or volunteering.



#### Home sharing with someone you know

With some planning and support, you may find there are people you already know, trust, and have things in common with who may be interested in sharing a home – and who you may be interested in sharing a home with.

Home sharing with someone you already know and trust often works well because you already care about each other and have things in common.

Deciding to share a home with someone who has already chosen to be part of your life in an unpaid way, is often a great fit. It could also be someone who has a paid role in your life (like someone who has provided respite for your family before or someone who has had another paid role in your life, like a teacher or coach).

People you already know and want to live with <u>must still apply to</u> become a home sharing provider. They have to follow the same steps as anyone else and be approved as a home sharing provider before they get a contract to provide the service and get paid. This means they will need to go through a Home Study process. For more information about the Home Study process talk to a home sharing agency or read through the Handbook for Home Sharing Providers on CLBC's website.

Talk with your CLBC facilitator if you have people in your life who you might be interested in sharing a home with and who might like to share a home with you.



### Home sharing with someone you don't know

If you don't already have someone in your life who you could share a home with, there are organizations that can help you find someone. Many agencies funded by CLBC provide home sharing coordination, meaning they help find and match home sharing providers and people looking for home sharing services.

If you need to try home sharing with someone you don't know, it is very important to know ahead of time what you want and need for a home and support, what's important to you, and other things about how you want your home to be.

Talk a lot about what you want and need with the agency home sharing coordinator. They can help you figure out what kind of shared home you would like and people who might be a good fit to share a home with.

#### **Home I Want and Need Tool**

#### How I want to live – The kind of home life I want

- Kind of space I want and need
- Daily routine that works for me
- Kinds of foods I like to eat
- Social life I want to have
- Work life I want to have
- Transportation needs I have
- Amount of privacy I want/need
- Kinds of choices that are important to me
- How I like to spend my time
- Language(s) I speak at home/want to speak at home
- People I like around me

#### Help I need at home/in my home

- Physical help I need
- Emotional help I need
- Help I need with medication or medical needs
- Help I need getting around (at home or in community)
- Help I need to have/make/keep friends
- Help I need when I get upset
- Help I need with my job
- Other help I need

#### Where I want to live

- My ideal area to live
- Areas I'm willing to live
- Areas I'm NOT willing to live...

#### Who I want to live with

- Who my ideal home sharing provider would be
- Things the person I share a home with:
  - o MUST BE
  - o CAN'T BE



#### Success in the shared home after you move in

No matter how much you talk things through ahead of time, there will be unexpected things that come up when you are sharing a home with someone, especially with someone new. For a home sharing situation to work, everyone must be open to working through the challenges that come up when people live together.

The more time you take to get to know each other before sharing a home, the better. Spend time together to find out more about each other, your interests, and experiences, so you can see each other as people. Have coffee, make and share a meal together, go to events together, do sports or other activities together. Many people also find it helpful to do "trial runs". This might look like a day, a weekend, or a week together here and there – or regularly – to see if sharing a home makes sense.

It is also important to get to know each others' family, friends, neighbours, and others who could be involved in the home you share. Sometimes, finding ways to share information about each other, with each other (like your interests, dreams, likes, dislikes, wants, needs, and the important people in your lives) is helpful.



#### Relationships

We know from people already living in home sharing that when there is a strong relationship between you and the home sharing provider, the home is more successful. If you did not have a relationship



with the home sharing provider before, this is a chance to build a new relationship as you begin sharing a home with each other.

#### **Commitment**

Every strong and supportive relationship is built on a commitment to one another. Each person in the relationship needs to be clear about why they are in the relationship and what they expect from the relationship. Whether the home sharing arrangement is short-term or long-term, this commitment to each other will help when things are difficult.

#### Social life and community involvement

Friends, family, and being part of our community helps to keep us healthy, connected and supported. People without these connections usually have more physical and mental health issues.



It is important that all the people sharing a home build friendships and relationship with others and find ways to be involved in their community.



You can go here to see places in community other people have said are good and respectful of diversity. Part of a home sharing provider's job is to know about the community you live in – both things it can offer



you and ways you can get involved to share your gifts and strengths.

#### A home sharing coordinator's support

Home sharing coordinators (and the agencies they work for) are important people that help home sharing situations to work and last.

Home sharing coordinators help you plan what you want and need in your home and your life. This is offered in ways that you would like to plan, ways that work for you.



These plans might be about interests you have or things you want to learn more about It could be about finding paid work, attending university or college, making friends, joining sports teams, or other ways you'd like to be involved in your community.

Home sharing coordinators also check in regularly about how things are going, to make sure the home situation is working for everyone and you are getting quality support that meets your wants and needs. They make sure that the home sharing provider is following the proper rules and that you feel safe and supported in your home.

The regular involvement of the home sharing coordinator is another way to keep your home working well.



#### Communication, communication, communication

Making home sharing work – like anything else – is about communication. Saying how you feel, talking regularly, and talking about what's working and what's not are important ways to make sure everyone feels good about living together.

When you, your home sharing provider and the home sharing coordinator are communicating, things usually go well. When you aren't, that's when the challenges can happen.

It is important to speak up about the changes you want and need in your shared home – with your home sharing provider, home sharing coordinator, and/or other people you know and trust.

The sooner you speak up, the sooner you and others can see if there is a way to make the changes you need. Or, to plan for a move if that is what needs to happen.

#### Cindy

Hi I'm Cindy\*. I live in a basement suite in Leonard\* and Sara's house. I worked with a home sharing agency to help find the right people to share a home with. I love having my own space and being independent. I like having my friends over

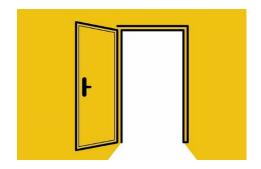


when I want and having a boyfriend that can sleep over. I also like knowing there is someone upstairs in case I get lonely or need help making important decisions. They respect my privacy, but also know I need help budgeting my money and making healthy meals, so we figured out how to make it work so everyone feels safe.



#### Feeling safe to say what you think

For communication to work, everyone needs to feel safe saying what they think, and talking about what's working and what's NOT working. This can be hard if you have had experiences in the past where speaking up didn't go well for you.



The people involved in home sharing are there to help you do this. They benefit from hearing what you think is working or not working for you.

Many people talk about their fear of speaking up or disagreeing with others. They share that they are afraid that if they speak up, they could lose their home, be treated differently, or hurt or upset people they care about. Some people have learned that it is best if they "don't rock the boat".

If you are afraid to say what you think, talk to someone about it. Home sharing is there to help you with the support you need to live a full and happy life in community. If you don't



feel this way, it is important that you talk about it.

#### The Advocate for Service Quality

works for the Minister of Social Development and Poverty Reduction (SDPR).

Their job is to help people and their families to receive good quality services.

If you have a problem with your services, you can contact the Advocate to talk about it. The Advocate will try to help find a solution. They also help people to advocate for themselves.

You can contact the Advocate at:

Vancouver: 604-775-1238 Victoria: 250-387-6121 Other: 1-800-663-7867 Email: ASQ@gov.bc.ca



#### What to do if things aren't working well

#### When something hard happens in your life or in the home sharing provider's life

All of us have hard and unexpected things that happen at different times in our lives. It could be a health condition (expected or unexpected), a shocking thing that happens to us or someone we care about (like losing a job or an accident) or many other things.

When you or your home sharing provider must deal with something hard, it can affect the home sharing situation and if it's a big thing, it may take a while for things to get back to normal. Sometimes things might not get back to normal.



When hard things happen that affect your life at home, you and your home sharing provider are not alone. Your biggest support in these situations is your agency home sharing coordinator whose job it is to help deal with crises that happen in home sharing situations. They can help you and your home sharing provider get the help you need and work things out. They may involve other people to help as well like your family or supporters, CLBC, and/or other community and government supports (like Health supports). When something hard happens, it is important that you and your home sharing provider get the help you need.



#### When the relationship isn't working...

It is okay to speak up if the home sharing situation isn't right for you anymore. It is important that you like where you live and feel like it is your home. Sometimes things change and you want to move. That is okay. There are people you can talk to when things are no longer working for you.

Make sure to ask your agency home sharing coordinator about a Participant Handbook for people who live in home sharing. This handbook will have information about how you can make a complaint and who you can go to at the agency to make a complaint.





#### For more information and information that can help you in home sharing:

Visit the CLBC Website: www.communitylivingbc.ca

Contact Your Local CLBC Office: www.communitylivingbc.ca/contact/local-offices/

United Nations Convention on the Rights of Persons with Disabilities: www.un.org/development/desa/disabilities/convention-on-the-rights-of-persons-with-disabilities.html

B.C. Declaration on the Rights of Indigenous Peoples ACT <a href="https://www2.gov.bc.ca/gov/content/governments/indigenous-people/new-relationship/united-nations-declaration-on-the-rights-of-indigenous-peoples">https://www2.gov.bc.ca/gov/content/governments/indigenous-people/new-relationship/united-nations-declaration-on-the-rights-of-indigenous-peoples</a>

## Other places that can help if you have questions about finding a home or planning for your future:

BC Aboriginal Network for Disability Society: <a href="https://www.bcands.bc.ca">www.bcands.bc.ca</a>

Inclusion BC: www.inclusionbc.org

Vela Canada: www.velacanada.org

Family Support Institute: www.familysupportbc.com



