

Creating Community Living Options

A training for families on how to get your own address

This training is designed to help families with the journey to interdependent living utilizing “Getting My Own Address” and supplemental Oasis Community documents. We will meet five times to go over the following information. You will be provided with a link to “Getting Your Own Address” created by another Michigan group and supplemental information provided by Oasis Community.

First Meeting: Getting to know you:

- Sharing
- What Oasis is about - Full Life Model
- What Community building is all about - Interdependent Living
- Asset mapping
- Skills we have
- Individual and Family Readiness Process

Second Meeting: Starting the process –Chapters 1-3, Participants will learn about:

- Life Skills Assessment
- What is Self-determination?
- Person Center Planning – brief discussion

Third Meeting: Housing, Affordability and Budgets – Chapters 4-5 & 7-8, Participants will learn about:

- Overview of living arrangements – Types of Housing
- How to Afford It
- Developing individual budgets

Fourth Meeting: Community –Chapter 6 &9, Participants will learn about:

- Supports for your Lifestyle
 - Asset map
 - Personal Network
- Roommates and neighbors
- My Emotions – Appendix A

Fifth Meeting: Moving Out and Moving In –Chapters 10 & 11, Participants will learn about:

- Independent Living
- Simply Home and other technologies – how can they assist
- Moving out – family readiness process
- Being a Good Tenant