



# 2017 ONPHA Conference and Trade Show

Shaping  
our  
Future

## Session #606

Innovative community approaches to housing challenges

### PRESENTED BY:

- Donald Easson, Centennial College
- Matthew Poirier, Community Living Toronto
- Bonnie Harkness, 360°kids
- Shelley Raymond, Solterra Co-housing
- Leslie O'Reilly, City of Toronto (Moderator)

# Friendly Housemates

Building Relationships and Supporting Semi-Independent Living in Individuals with Intellectual or Developmental Disabilities

Presented by:

Donald Easson, Centennial College

Matthew Poirier, Community Living Toronto

# Learning goals

1. Develop an understanding of the housing concerns facing individuals with developmental/intellectual disabilities and their families.
2. Learn about the Friendly Housemates Project and how it seeks to address some of those concerns.
3. Gain tips for starting a similar program in your area.



# Friendly Housemates

- Launched in 2015 as a partnership between Centennial College and Community Living Toronto
- One option to begin to address the large gaps in available opportunities for semi-independent living for people with developmental or intellectual disabilities





# Challenges to Finding Appropriate Living Arrangements for Individuals with Intellectual Disabilities

- Wait lists
- Lack of Choice
- Lack of Autonomy



# Challenges, Beyond Housing

- Interpersonal Relationship Development and Informal Care Networks
  - Evidence suggests that informal care networks and social supports can greatly increase independence and community participation among individuals with intellectual disabilities, but...
  - Opportunities to build relationships that could help build these networks are few and far between.



# What Do We Hope to Do?

- Friendly Housemates seeks to address all of these challenges by matching post-secondary students with individuals with intellectual disabilities as roommates.
- Our goals are to:
  - Understand the ways, and extent to which, improving the friendships and social networks of people with intellectual disabilities can contribute to their autonomy and community participation in a valued, meaningful way, and
  - Foster changes in attitudes about the importance of social inclusion and increase widespread understanding that individuals with intellectual disabilities are important members of our society.



# Potential Benefits

- Benefits to Individuals
  - Increased autonomy, independence and confidence
  - Opportunities to befriend youthful, vibrant students and expand social networks
  - Increased opportunity to learn by example in natural ways (i.e. learning how to cook when cooking with roommate)
  - Increased opportunity to engage with community in non-prescriptive, natural ways (i.e. casually deciding to wander over to local Tim Horton's and enjoy a tea with roommate)



# Benefits Cont'd

- Benefits to Families
  - Assurance that there is someone at home overnight in case of emergency
  - Access to informal support
  - Opportunity to build relationships
  - Increased opportunity to appreciate their loved one's skill sets and ability to learn and adapt to new situations
  - Relief of worry
  - Cost savings of housemate vs. overnight staff



# Benefits cont'd

- Benefits to Student
  - Opportunity to make a new friend and expand their social network
  - Learning about what it's like to live with a developmental/intellectual disability
  - Decreased living expenses
  - Bursary of up to \$1000 upon study completion
  - Guaranteed summer employment opportunities with Community Living Toronto



# Recruiting Participants

- Recruit interested and suitable individuals and families through the LIGHTS program at Community Living Toronto
- Recruit interested and suitable students from reputable post-secondary institutions in Toronto





# Recruiting cont'd

In order to qualify for Friendly Housemates, families and individuals must:

- Be interested in semi-independent living
- Have an available living space that is outside the family home and contains one spare bedroom
- Be interested in working with a student
- Recognize that the student is not a staff member, but a roommate
- Be willing and able to provide in-kind housing costs to a student (rent, internet, and utilities)



# Recruiting cont'd

In order to qualify for Friendly Housemates, students must:

- Be willing to try something new and live with a stranger with a developmental/intellectual disability
- Be willing to sign on to the study for a minimum of one term (ideally for one full year)
- Have good interpersonal skills
- Be able to manage time effectively
- Be willing to move to a different area of the city
- Be willing to attend regular 'coaching' meetings with Community Living staff
- Maintain a GPA of 3.0 (B- average)
- Be open to recognizing their role of friend/housemate rather than staff



# Steps to Matching and Maintaining Housemate Pairings

- Introductory meetings/interviews
- Students undergo a Criminal Reference Check
- Subsequent meetings to clarify roles and needs, and determine whether or not the individual and student make a good pair
- After move-in: Staff maintain consistent contact with student, individual, and family, and provide support where needed
  - All parties participate in intermittent research interviews as part of study component



# Snapshot: Housemate Pairing 2

- Dennis, a male in his mid- 30's with a developmental disability, and Mary, a 36 year old international student at Centennial College
- They lived together in Dennis's home in Scarborough, which had previously been his Grandmother's home
- Mary described herself as "excited and worried" upon move-in, but quickly her worries were allayed and she and Dennis developed a positive relationship. Dennis's parents reported that *"FH is a fabulous program. I love it! I would sign up for it forever. There is no downside to it. All the little things that you have to iron out are minimal compared to the rewards."*



# Snapshot, cont'd

- Dennis reported that Mary was *“really nice to live with”* and *“kind”*
- After her contract with Friendly Housemates was up, Mary remained in Dennis’s home where she now has a role as a staff member, to which Dennis’s mother stated:
  - *“That’s the best thing that ever happened. She watches over everything.”*
- Mary remains in the home to this day, nearly a year after the end of her contract



# Feedback

- D and M are only one pair that we would call successful. Many of our pairings have developed positive relationships, and we've received some great feedback:
  - *"The staff was caring, but it was just a different vibe - my son is now part of a community."*
    - Sharon, mother of Paul, a man in his mid- 30's who lived with Erica, a 19 year old student at Centennial College (Housemate Pairing #1)



*“They had danced on Friday, and she was the one that was offering to go with Derek. I came, picked her up, and they went together. I left them there. [After I returned I observed] They were dancing a little bit together. Derek was kind of moving a little bit. He never has danced with anyone before, hardly anyone.”*

– Mark, father of Derek, a mid-30’s man living with Nancy, a 26 year old international student from Centennial College (Housemate Pairing #5)





*“ When I fell down the stairs one time in the old house, P came running down the stairs after me and kept saying “E...”. He went and got ice and was really worried.”*

– E, roommate of P,  
reflecting on moments  
of care in their  
relationship  
(Housemate Pairing #1)

# Challenges



- Student recruitment
  - Role clarity: Housemate vs. Staff
  - Extensive parental involvement
  - Students' multiple competing priorities
- 
- While we have had a couple of failed households, the root cause of the failure is *never* located between the student and their housemate.



# The Future of Friendly Housemates

- The study itself will be wrapped up by March 2018.
- The Friendly Housemates model will continue to be offered as an option through Community Living Toronto.
- Watch for both scholarly and grey literature publications beginning mid-2018



# Want to Know More?

Find us at: <http://housemates.centennialcollege.ca/>

Write to us: [friendlyhousemate@centennialcollege.ca](mailto:friendlyhousemate@centennialcollege.ca)

Twitter: @HousematesON

**Community  
Living  
Toronto**



<http://cltoronto.ca>

@CLToronto



<http://centennialcollege.ca>

@CentennialEDU

Friendly Housemates is funded by the Social Sciences and Humanities Research Council of Canada (SSHRC)

Bursaries are generously funded by the Harry E. Foster Foundation

Presentation was prepared by Judy Versegby

# Nightstop

An innovative solution to youth homelessness

Presented by:

Bonnie Harkness, 360°kids Director of Operations

# Learning goals

1. Learn about youth homelessness in the 905
2. Learn about international housing approaches to address local issues
3. Learn how to tap into community assets in addressing youth homelessness



# History

**Support.**  
**Inspire.**  
**Overcome.**

- ❖ 360°kids is a registered charity providing innovative support services for youth and families for over 27 years.
- ❖ 360°kids provides a holistic approach to a continuum of care
- ❖ 360°kids provides support to our communities, serving over 3,580 children and youth last year from every corner of the world.





# Mission, Vision & Values

**Support.**  
**Inspire.**  
**Overcome.**

- ❖ **Mission:** To help youth overcome crisis and transition to a state of safety & stability.
- ❖ **Vision:** Every kid has access to a safe home
- ❖ **Values:** Compassion, Integrity, Accountability, Dignity



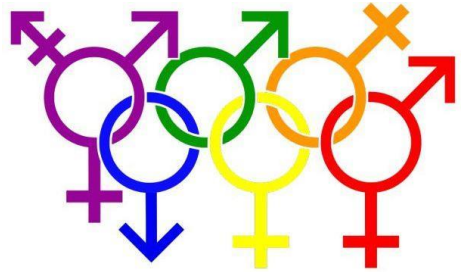
# 360°kids Core Services

**Support.**  
**Inspire.**  
**Overcome.**

- ❖ After School Program
- ❖ YouThrive
- ❖ Home Base Drop-In Centres
- ❖ Employment Programs
- ❖ Youth Residences
- ❖ STAY
- ❖ HOPE
- ❖ Transitions Long Term Housing
- ❖ ATS Program
- ❖ Outreach and Gang Prevention
- ❖ Housing Workers
- ❖ Individual and Family Counselling team
- ❖ Connections Emergency Housing
- ❖ i-Grad
- ❖ Nightstop



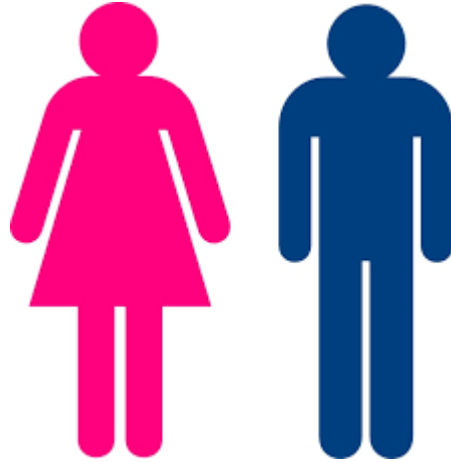
# Homelessness in the 905



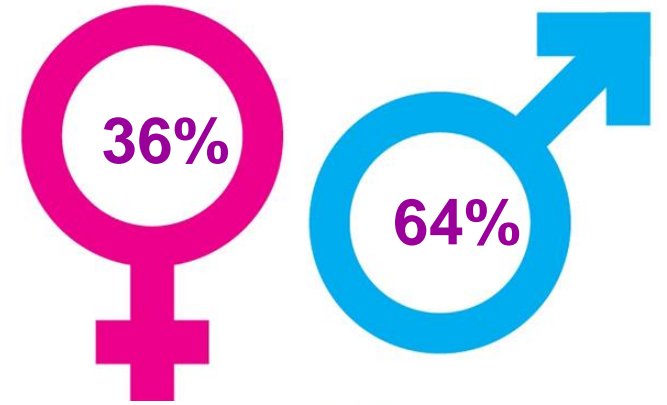
25-40% identify  
LGBTQ2



65% have not graduated high school



70% Experienced abuse



50% middle to upper  
income families



# We can't build our way out of homelessness...

**Support.**  
**Inspire.**  
**Overcome.**

Getting to “Functional Zero”

**Nightstop**= community owning and responding to the issue of youth homelessness.

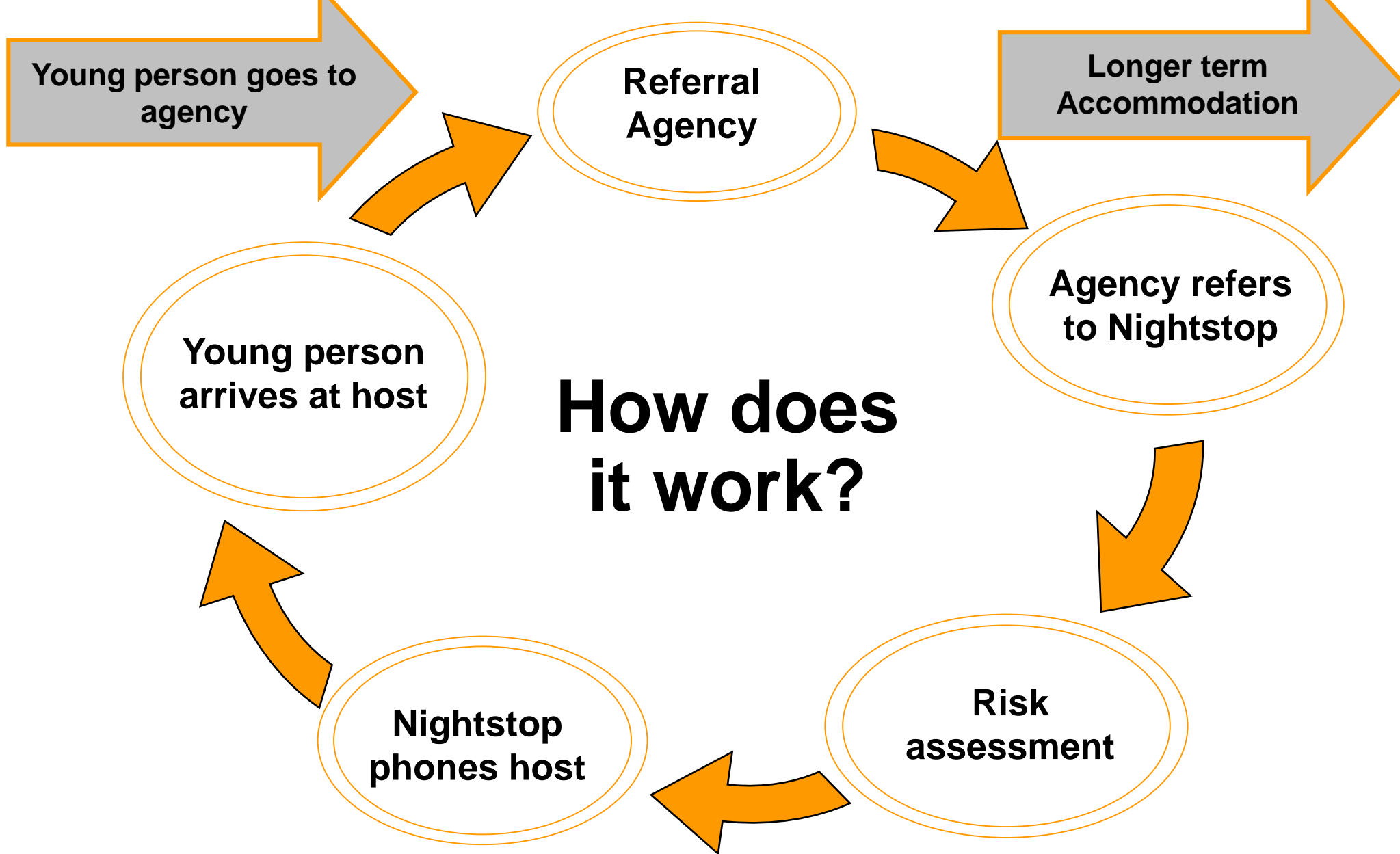


# What is NIGHTSTOP?

Support.  
Inspire.  
Overcome.

- ❖ A program that has run for 30 years in the UK
- ❖ Nightstop engages the community to act as “Hosts”
- ❖ Youth are **low risk** between the ages of 16-26
- ❖ Youth may stay from 1-3 weeks
- ❖ Hosts are screened and extensively trained
- ❖ Youth are screened during intake process
- ❖ Once placed, youth are surrounded with a case management team





# Why York Region?

**Support.**  
**Inspire.**  
**Overcome.**

- 1% vacancy rate for rentals
- We currently have less than 50 beds for the 300 youth out there on any given night.
- Over 15,000 on the waiting for housing assistance, many of them seniors
- Large homes in York Region, empty nesters and seniors
- Not much in the way of new rentals being built.





# Criteria for Hosts

**Support.**  
**Inspire.**  
**Overcome.**

- Hosts must have a spare room; the young person cannot share a room with another member of the family
- Host families must live in York Region
- Must successfully complete an assessment process and undergo a vulnerable screening check before being accepted into the program
- Hosts must take part in a preparation course provided by 360°kids
- The Host property will be subject to a health and safety check. Improvements may be required.



# Support for Hosts

**Support.**  
**Inspire.**  
**Overcome.**

- The Program Coordinator provides ongoing support to Hosts
- 24 hour “on call” emergency support is available
- Once a youth is placed in your home the Program Coordinator will be in touch with you daily for short term stays and weekly for longer term stays
- In addition to “Preparation Training” there are regular workshops and social occasions to expand hosts knowledge and share their experiences with others
- \$15 stipend to assist with expenses.



# The Role of the Hosts

**Support.**  
**Inspire.**  
**Overcome.**

- Provide clean, safe, overnight accommodation for a person in crisis
- Provide breakfast and an evening meal for the guest
- Provide a shower/bath and an opportunity to wash their clothes
- Provide a 'listening ear' for the guest should they require it
- Liaise with the Nightstop team regarding your availability and to provide regular feedback after every placement





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# Benefits

**Support.**  
**Inspire.**  
**Overcome.**

- Safe housing
- Reduced risk of violence
- Nutritious meals
- Youth can remain in school
- Improved employment outcomes
- Family reintegration
- Low cost
- Local response



# Lessons learned

**Support.**  
**Inspire.**  
**Overcome.**

- 50% more hosts than the # of youth utilizing the program
- Transportation challenges within a larger region
- Communication between Hosts and Youth
- Flexible budget to manage host stipend
- Reimbursement for application processes
- Weekend respite
- Smoke free homes (3<sup>rd</sup> hand smoke)
- # of paid staff to operate a Nightstop



# Questions...



Director Of Operations:

**[bonnie\\_harkness@360kids.ca](mailto:bonnie_harkness@360kids.ca)**

905-475-6694 Ext 3602



# Birds of a feather.

Co-ownership, an affordable housing solution with friends.

(c) Solterra Realty Inc., Brokerage



[www.SolterraCo-housing.com](http://www.SolterraCo-housing.com) 705-645-0007



# Learning Goals

- Understand Co-ownership as an affordable housing option for seniors
- Explore how to create Co-ownership opportunities
- Examine how to challenge inaccurate information created by NIMBY

# TODAY

## SENIOR POPULATION

Individuals 65+ and older

4.8 million

The senior population in Canada is equal to 14.1% up from 13.9 % last year

14.1 % of  
population

Individuals aged 80+

1.3 million

Centenarians (100 years and over)

**2010** - 6,500

**2031** – 17,600

**2061** – 78,300

CANADA

# TOMORROW's AGING POPULATION CHALLENGES

By 2021, those 65+ and older

**6.7 million**

Between 2006 and 2031, aging  
population will almost double to

**21 %** of population

By 2041 (with 1.6 million aged 85+)

**11.2 million**

# SENIOR Demographics

## **Mature Senior**

born before 1937

1.8 %

## **Active Senior**

born before 1947

11.2 % of  
population

## **Baby Boomers**

born before 1962

35%

# A STAGGERING FACT: YOU CAN'T IGNORE

**5% of patients account for 66%  
of health care costs, most often  
patients with multiple, complex  
conditions.**



# THE OVERWHELMING COST...

## Public

1 long term care bed / per person

**\$43,000/yr**

Ontario has 84,000 LT care beds

**\$3.6  
Billion/yr**

Healthcare budget is \$46.1  
Billion and rising

**51¢ on the Dollar**

\* Ministry of Finance, 2010 Ontario Budget

# BARRIE

## Long-Term Care Beds

BARRIE has 8 facilities for LT care or a total of 1071 beds available

Long-term  
BASIC BEDS 1071

A senior today has a 7 % chance of getting a LT care bed.

A 70 year old has about a less than 4% chance (2031) not taking in consideration population increase

# Home Alone SIGNS

- Isolated & lonely, leads to depression
- Challenges with food preparation, cooking, cleaning, laundry, self-medication
- Repairs & Maintenance
- Memory loss
- General health is failing
- Safety concerns and fear of falling

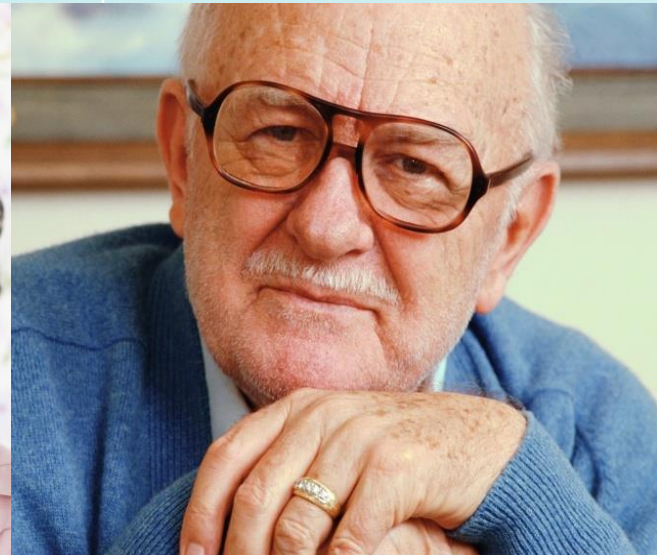




# Long-term Care Crisis

Waiting Lists are increasing causing health care devastation

| 2010   | 2012  | 2015  | 2019  | Up to 69% could be housed in alternative options  |
|--------|-------|-------|-------|---|
| 78 now | 146 % | 177 % | 227 % | At a substantially lower cost than Long Term Care |



# AGING IN PLACE

Seniors need some level of support for activities of daily living (ADL'S) such as cooking, cleaning, laundry, shopping, transportation, personal support or medication reminders

65-75 years – 46%

74-84 years – 52%

85+ – 74%

# AGING & Disability Problems

The older you get – the greater the chance of developing a disability or multiple disabilities

Mobility, agility/pain/hearing,  
seeing/memory/communication

Most seniors want to remain independent as long as possible. BUT:

- ACCESS Support Services
  - ABLE to \$\$\$\$

WHAT HAPPENS WHEN THEY CAN'T?

# FAMILY FINANCES

How much do you have?

How long will it last?



# Fear of Outliving your Money



- Rising heating costs, gas prices & hydro rates
- Food costs – up 8-10%
- Property Taxes increasing
- Qualified help is hard to find and very expensive \$20-40 hour
- Unable to maintain the home properly
- Women live longer and often had a lower income resulting in a lower retirement income and pension

# OPTIONS FOR RETIREMENT



- ☐ Retirement Homes  
PRIVATE \$3,500.00/mo up to \$  
8000/mo for advance services



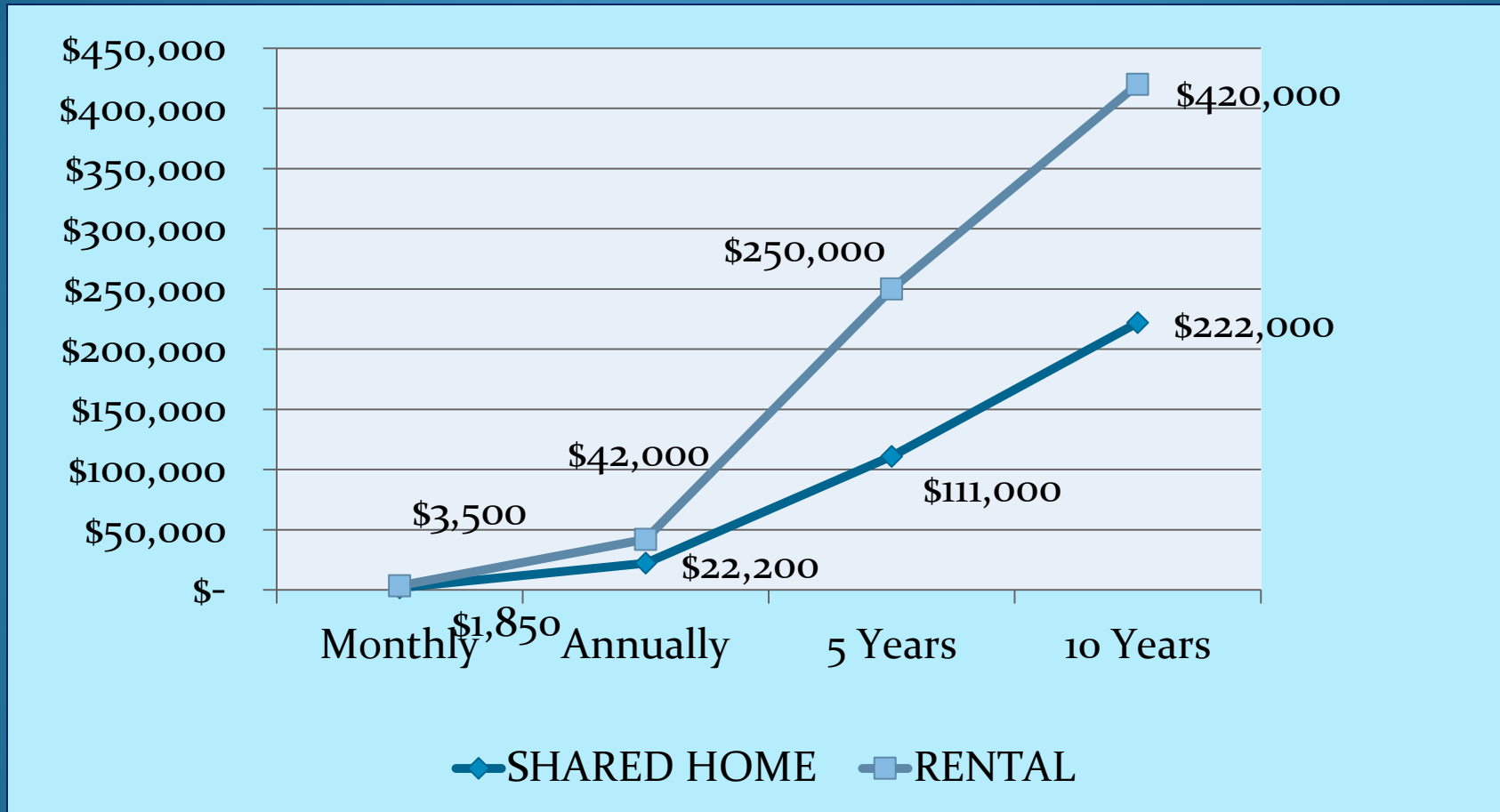
- Long-Term CARE Facility  
☐ PRIVATE \$78 per/day, \$ 2400 mo  
or  
BASIC \$ 56 per/day \$1707 mo



**STAY AT HOME OR MOVE IN WITH FAMILY**



# FAMILY BUDGETING PROJECTIONS



|               | Monthly | Per Year | 5 Year Costs | 10 Year Costs |
|---------------|---------|----------|--------------|---------------|
| RENTAL OPTION | 3,500   | 42,000   | 250,000      | 420,000       |
| SHARE-A-HOME  | 1,850   | 22,200   | 111,000      | 222,000       |



# RENT OR BUY? BY THE NUMBERS..

| CAPITAL POSITION – 10 YEARS                           | RENT OPTION         | BUY OPTION        |
|---|---------------------|-------------------|
| Average Home Sale                                     | \$ 300,000          | \$ 300,000        |
| Estimated CPP and OAS – 10 years @ \$1500 per month   | \$ 180,000          | \$ 180,000        |
| Capital Outlay to Buy Unit                            | 0                   | \$ 150,000        |
| Return on Sale of Unit<br>(Appreciation 3% per annum) | 0                   | \$ 202,000        |
| Estimated 10 year Costs                               | (420,000)           | (222,000)         |
| <b>Net Capital Position – 10 Year</b>                 | <b>\$ 60,000</b>    | <b>\$ 310,000</b> |
| <b>Net Capital Position – 20 Year</b>                 | <b>\$ (180,000)</b> | <b>\$ 268,000</b> |

Maintaining an equity position in real property longer ensures financial security over time.



# HOME CARE & SUPPORT SERVICE PROBLEM:

SPOUSES, FAMILY, FRIENDS, NEIGHBOURS,  
COMMUNITY, Private & Subsidized homecare

# CARE AT HOME

\$3,000 per person annually  
... struggling to meet the need

CCAC visits are at maximum

Government subsidized home  
support services

Need outstrips the services

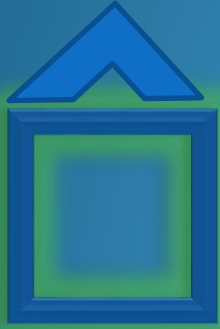
17 million/yr

Not Enough

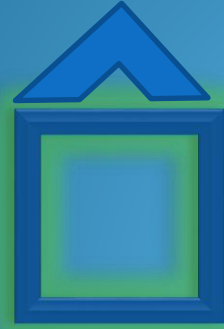
Overwhelmed

# The real issue ...

## HOMECARE COSTS



5 hours



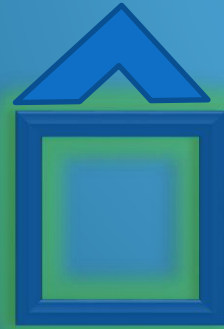
4 hours



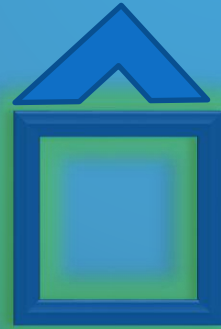
3 hours



6 hours



5.5 hours

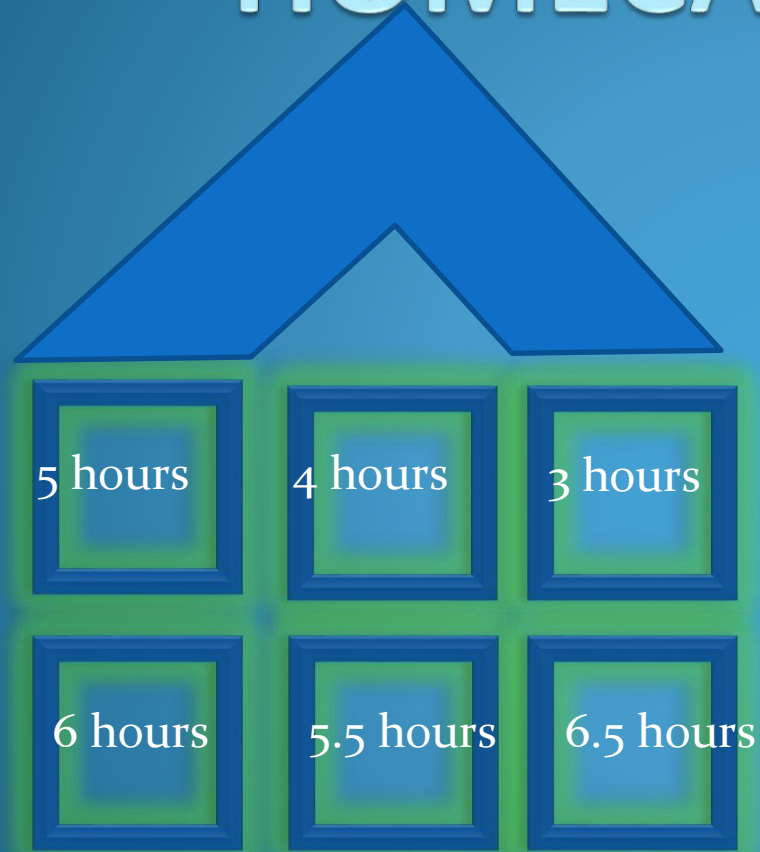


6.5 hours

Average @5  
hrs/day x  
365 days = \$ 737  
week  
\$3,193 month

INDIVIDUAL COSTS PER HOUSEHOLD

# HOMECARE COSTS



Combined 30 hours of CARE daily

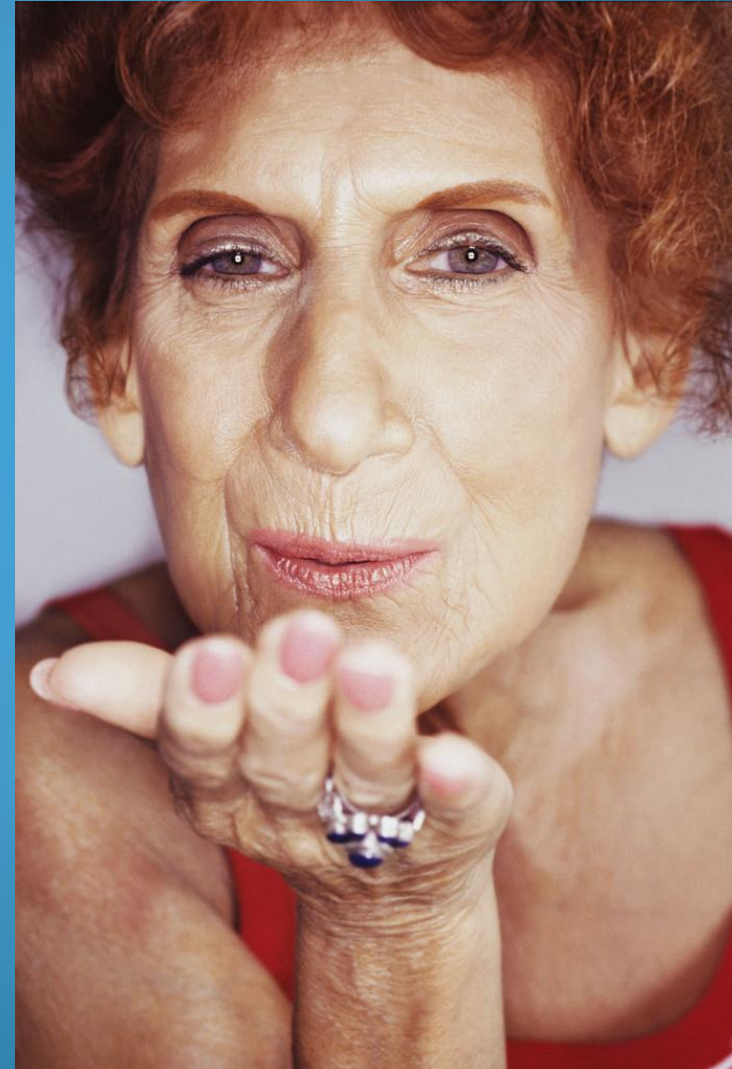
Moving to a  
condo or  
apartment  
\$3,193 month



# THE SOLTERRA CONCEPT...

## A SOLUTION

...an innovative,  
FINANCIALLY  
ATTAINABLE solution...



# Live like the “Golden Girls”



# CO-HOUSING DEFINITION

Prefix: “CO- ”

“jointly, together, mutual – more than one”

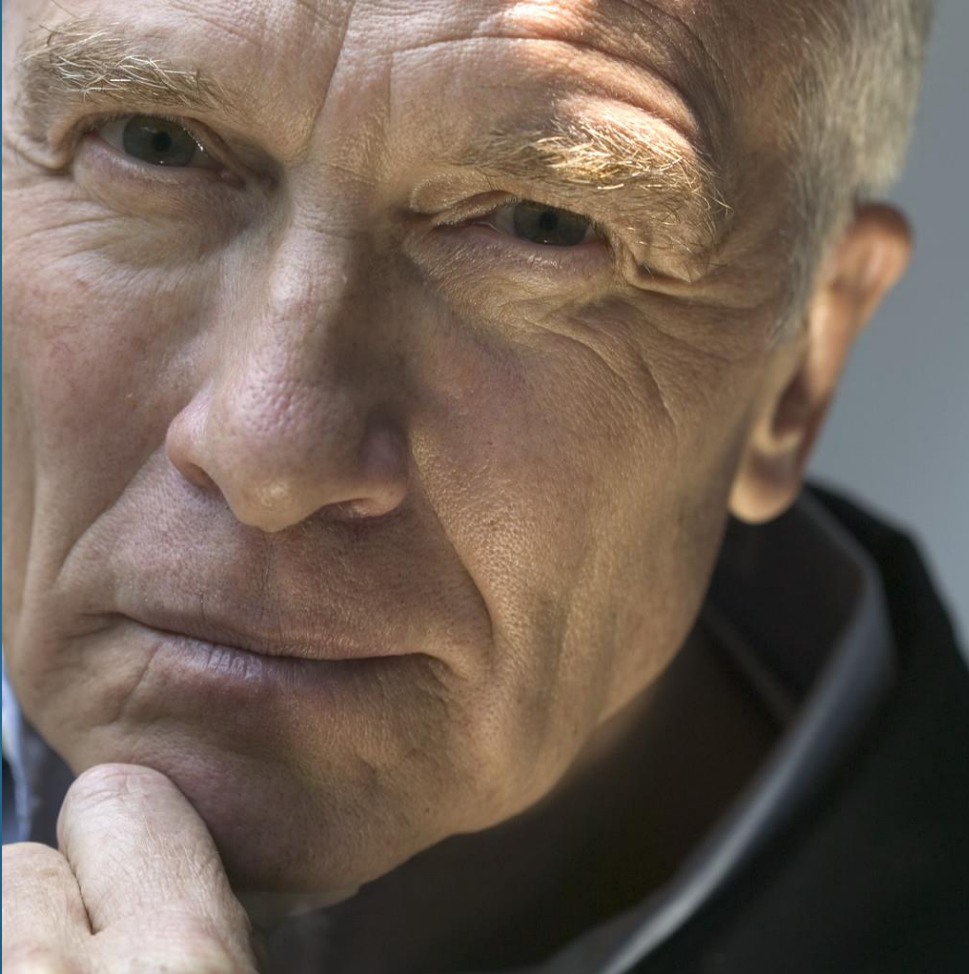
Housing:

“providing shelter, a house, a residential dwelling

Our definition of “co-housing” is  
“SHARE-A-HOME OR DWELLING WITH MORE  
THAN ONE PERSON”



# “Shared Home Ownership”



- Purchase 25%, freehold
- Saleable on MLS
- Tenants in Common
- Share utilities, common expenses, taxes and care costs
- A private residence
- Maintain privacy and control



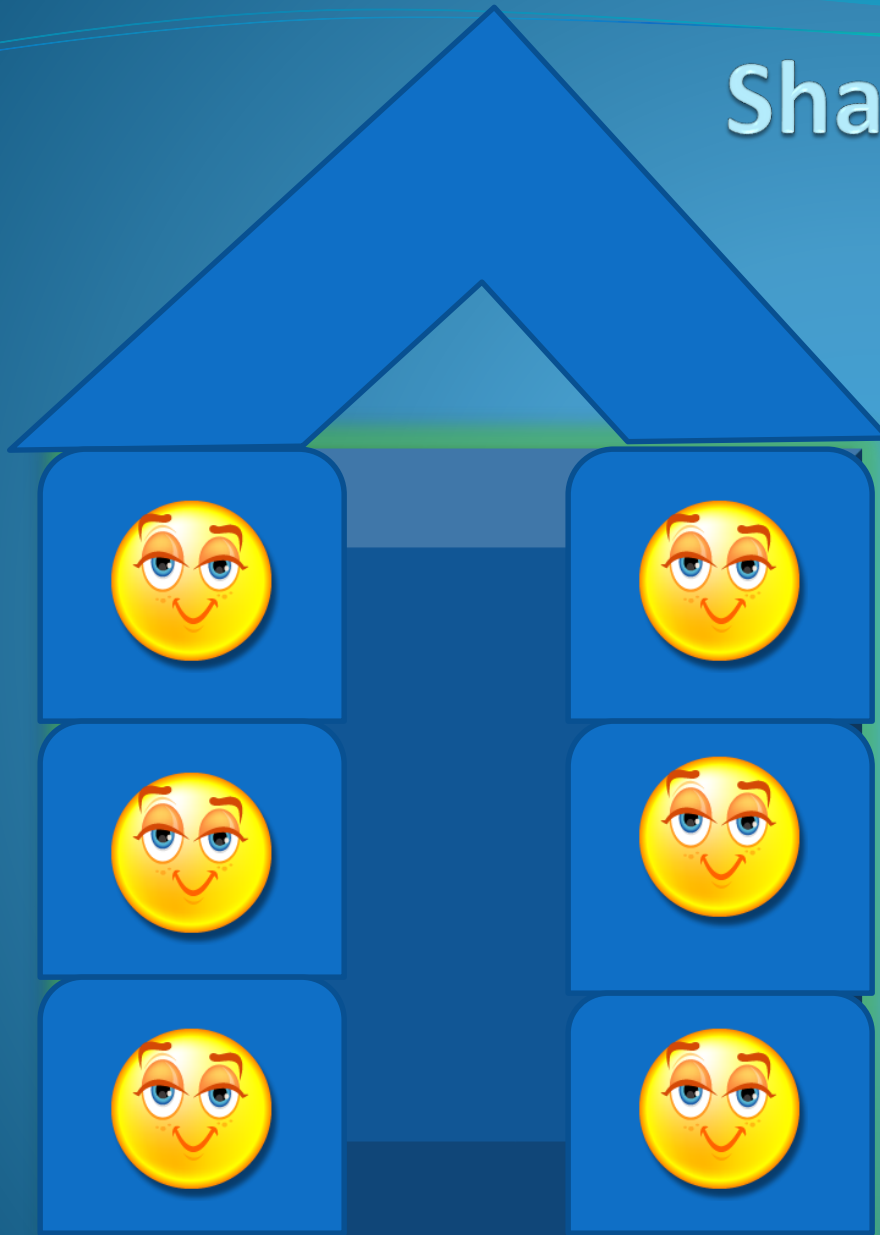
# EACH HOME IS UNIQUE...

Individual ownership percentage interest & living arrangements are identified in the agreement and on title...



# Shared homes

**Cluster together,  
create community  
share resources &  
costs**



## Household Budget

|                                  |                  |
|----------------------------------|------------------|
| Common Expense                   | \$ 181.95        |
| H/H/Ins/W/S,<br>reserve fund etc |                  |
| Taxes                            | \$ 64.00         |
| Homecare (\$ 3,193/6)            | <u>\$ 532.16</u> |
| Total Shared Costs               | \$ 778.11        |



# TWO OPTIONS:

- RENOVATE AN EXISTING HOME
- BUILD A NEW Purpose-built SHARED HOME





# Solterra Model Home: Looks like a home ... because it is a home

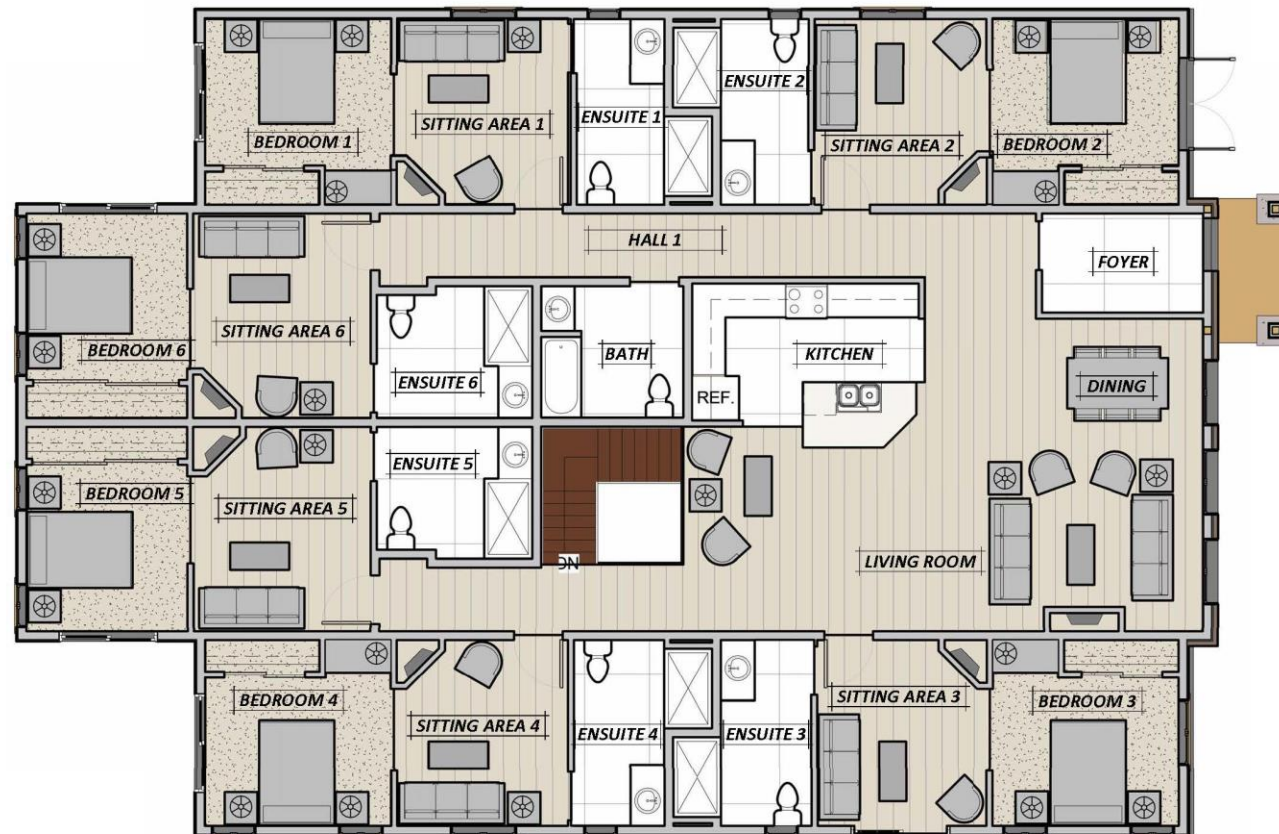




# PURPOSE-BUILT SHARED HOME BRECHIN, ON



# FLOOR PLANS







**ONE BEDROOM SUITE**  
SQ.FT.

**SUITE 'A' - CONCEPT MODEL**

**SUITE ONE**  
< 440 sq ft



# New designs are amazing



# PROPOSED INTERIOR of Common LR







# ESPANOLA/LITTLE CURRENT SOLTERRA PROJECTS

11/13/2017



# BARRIE, ONTARIO (Proposed)





# Almost any house can be renovated to accommodate co-owners





# The co-owners hire help for assistance with ...

- Shopping, Cooking, Cleaning, Laundry
- Transportation, Repairs & Maintenance
- Medication Reminders
- Appointments
- Administration/Management of the home

And as health diminishes

- Co-owners can contract for individual private care, PSW's or VON services as needed



# SMART HOME Technology!

- Provides in-home support for users and caregivers
- Touch Screen
- Smart home technology includes:
  - Internet radio, TV and more
  - Supporting daily routines,
  - Medication & activity reminders
  - Controlling lights and appliances
  - Security-fall detection
  - Assists loved one to connect

APPLE Filemaker



Your Electronic  
Companion!

# Can I bring my own furniture?

- Absolutely, we encourage you to bring your own furniture.



## Can I bring a pet?

- Each house makes their own rules about pets.





# Can I bring my own car?

- In most cases yes, however; we do have some Solterra homes that have limited parking.
- Solterra transportation.





# Organized activities

## In-house



## Not-for-profit and community relationships



# Benefits for our Seniors

**Equity ownership**  
**Saleable on the**  
**open market**  
**'Age at Home'**  
**with dignity**

**Private space**  
**Share Utilities &**  
**Common**  
**Expenses**

**Affordable,**  
**better value**  
**Self-governed**  
**Self-controlled**  
**Sustainable**

# Social & Economic

- Enables seniors to remain in their community
- Maintains independence, dignity and self-respect
- Thriving not just surviving
- Reduces isolation, encourages social interaction



# Family Relations / Caregivers Benefits

- Support and relief to the family
- Reduces chance of elder abuse



- Protects their capital for future private care



# ATTAINABLE HOUSING SOLUTIONS FOR THE AGING POPULATION

You bring the friends,  
we find the home.



Co-ownership, an affordable housing solution.

[www.SolterraCo-housing.com](http://www.SolterraCo-housing.com)







# Thank you!

*ONPHA values your opinion. Please complete a session evaluation.*