

What is Trying It On For Size?

- It's a program that evaluates your independent living skills.
- We also work to identify the specific areas in independent living where supports will be needed.
- It's a safe place to learn and develop confidence by practicing living away from your current home
- It's a program designed around you, with staff support that is flexible to accommodate your schedule.



For More Information

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To Apply, contact:

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For further information
please visit us at
tryitonforsizeelmira.com

Trying It On For Size (TIFS)

 **An innovative program at
Elmira District Community
Living**

Our Mission:

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

- Active involvement from your main supports (family, community, agency).
- A desire to participate in all aspects of the program .
- A commitment to attend information and sharing meetings.

How does the program work?

- You will come for one stay each month for up to six months.
- In the first 1-3 months a stay is 2 nights and you can receive 24 hour staffing support during those stays.
- From 4-6 months a stay can be up to 5 nights with a maximum of 8 hours of staffing support each day
- If needed, you are able to bring your own supports overnight when the staffing level is decreased.



What can be supported?

- 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

Why do we encourage working with your supports?

- TIFS will provide you with an evaluation report of your independent living skills, your support network works with you to develop the plan for you

