



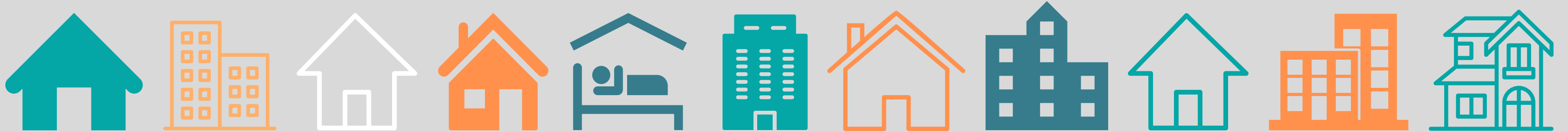
In the journey of a caregiver, it may happen that the situation does not respond to our needs, to the needs of our relatives or to the needs of the family. The search for a new living environment is sometimes unavoidable.

“My partner and I are getting older. Our life has been entirely dedicated to the needs of our child living with a disability. We have to reconnect with our couple and rediscover who we are.”

“I can't stand living in the shadows of my big brother who lives with the autism spectrum. I also need my parents to have time and energy for me. I am only a teenager.”

“I do not feel able to welcome my spouse at home when she is discharged from the hospital. With childcare, my job and household chores, taking care of her after her accident would be too demanding.”

“My son has just turned 21 and shows the need to fly on his own. I wish to accompany him in his process of autonomy, despite the obstacles that your handicap brings him.”



**I am not at that stage in my caregiving journey.  
Why should I start thinking about accommodation now?**

Avoid being in a hurry if I am unable to take care of my loved one.

Having time to digest the emotions related to a change of environment.

To be able to consult the person being helped, as well as all the people who are significant to him or her, throughout the process.

Optimizing my **power to act.**

## Some ideas for reflection...

- What are my limits as a caregiver?
- Does the current situation allow the person I am accompanying to develop his/her full potential? If not, what living environment would allow him/her to be more independent?
- Are my needs and those of my loved one being met adequately?
- What are my dreams? How do I define myself as a person?
- What motivates my loved one? What life project he/she wishes to put in place?
- Qu'est-ce qui motive notre proche? Quel projet de vie souhaite-t-il mettre en place?

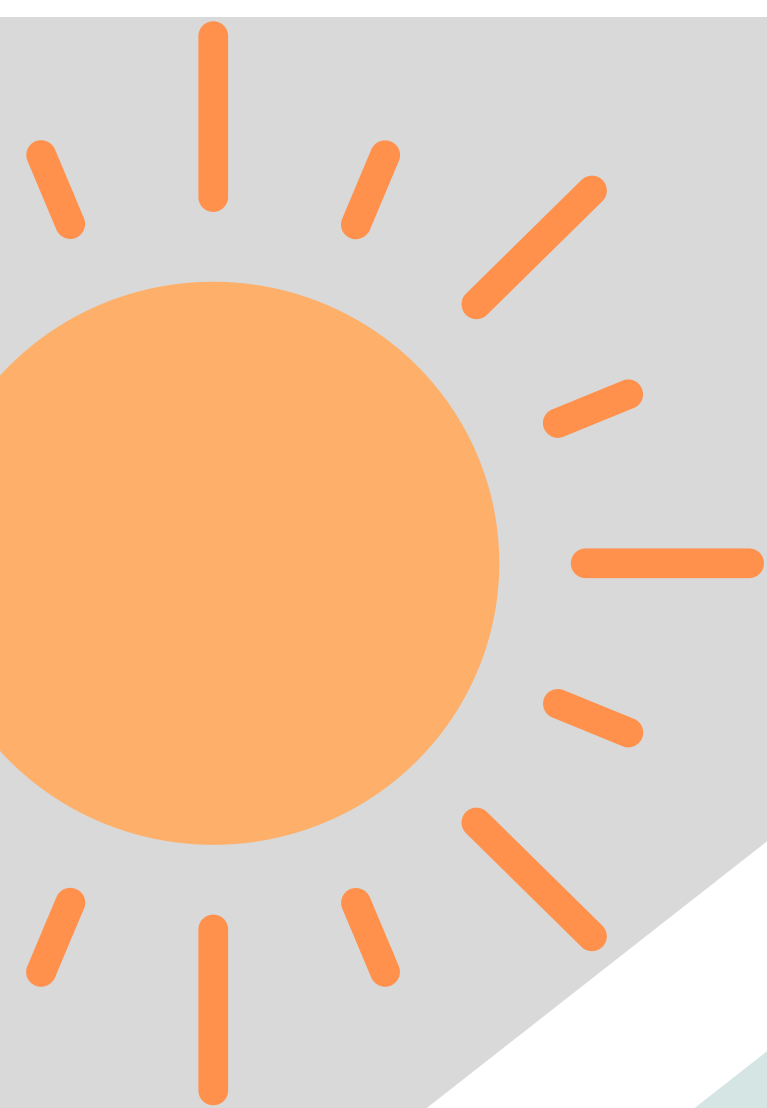
*And if we saw the accommodation of our loved one from a different angle?*

Autonomy for the person being helped, since the workers on site work a lot on this aspect.

The possibility of refinding myself as a whole person.

Sharing responsibilities frees me from certain tasks and allows me to rest when I need to.

Developing a special bond with my loved one because I am no longer there FOR him or her but WITH him or her.



## Public or private CHSLD under agreement

Reserved for people who require more than 3 hours of care per day. The people who reside there are generally elderly. A financial contribution is required and is determined by the RAMQ.

## Private CHSLD

Despite the totally private management, governmental standards must be respected in order to obtain a license to practice. The cost of rent varies from place to place and is entirely assumed by the person

## Alternative home

Equivalent to CHSLDs in terms of level of care, but on a more human scale. It is the equivalent of a seniors' home, adapted to a younger clientele. To have access to it, you must contact your local CISSS and/or CIUSSS.

## Continuously assisted resource (RAC)

These resources are housing environments that focus on the behavioral rehabilitation of individuals. The objective is to allow them to eventually integrate a residential resource offering a lighter supervision and improve their quality of life. They are entirely managed and supervised by the CISSS and/or CIUSSS of the region.

## Graduated support housing

With the support of professionals from the CSSS and/or CIUSSS of the region, it is possible to work on the development of the person's capacities to allow for maximum residential autonomy. Home support can then be used to alleviate any remaining difficulties. Access is often limited by waiting lists.

## The alternatives:

- Home adaptation through government grants
- Intergenerational homes
- Alternating homes (Example: Mary, who lives with ASD, spends one week with her mother and the other with her sister)
- Group resources managed by caregivers
- Social housing of the type, supervised apartment, managed by an NPO

For more information, call  
**Info social at 811**

## Intermediate group (RI) or family-type resource (RTF)

These resources offer support and assistance services to people entrusted to them by the CIUSSS and/or CIUSSS of the region. This type of housing promotes the integration and participation of people in the community. The people in charge of the FTRs live under the same roof as the people being assisted, whereas in the IRs, paid staff provide care and supervision. Reserved for people who require between 1 and 3 hours of care per day.

## Low-Rental Housing (HLM) and housing in the Rent Supplement Programs (PSL)

When the person is able to live independently, they can apply for a HLM or PSL. These programs allow people to disburse a maximum of 25% of their income for housing. They can continue to obtain home support according to their needs.

**The housing of your loved one does not necessarily mean the end of your role as a caregiver. It is possible to experience a transformation in the help you provide and thus foster a better relationship.**