

## INDEPENDENT LIVING

This listing includes selected resources which are suitable for adults with an intellectual disability, or can be used in conjunction with adults with an intellectual disability.

To request an item please phone 9387 0458 or email us at [library@activ.asn.au](mailto:library@activ.asn.au)

The complete library catalogue can be searched via the Activ Library website: <http://www.activ.asn.au/library>

### **All In A Life's Design : Planning Independent Living. A Resource Handbook For Parents With A Young Adult With A Disability Moving Out Of Home / DISABILITY SERVICES COMMISSION.**

West Perth, Disability Services Commission : 2006. 54 p., app.

This booklet aims to provide a practical guide to parents who are looking at the possibility of their son or daughter moving out of home. It includes information on the following: community resources; income support and funding programs; financial planning; education, training and informal learning; employment, accommodation; independent living; health issues; and safeguards and strategies to manage new responsibilities and demands. Also included are the experiences of a number of young people and their families. The appendices provide information on a number of community resources, as well as resources specific to the Albany region.

CC 362.313 ALL

P12031

### **Get Moving! :Making A Choice About Where To Live**

Foundation for People with Learning Disabilities : 2001.

This booklet is for people with intellectual disabilities who are thinking about leaving home and moving to new accommodation. It provides information about the many choices faced by giving examples of different types of accommodation and explaining what is involved and how to find support.

<http://www.fpld.org.uk/EasysiteWeb/getresource.axd?AssetID=14920&type=full&servicetype=attachment> - Click link to access

### **It's My Choice / Allen, William T.**

St Paul, Minn., Minnesota Governor's Council on Developmental Disabilities : [2008]. 90 p.

This online guide is designed to help people with an intellectual disability clarify the important things in their life and assist them in planning their future. It includes activities and checklists which can be copied and used in a variety of ways. Some of the topics covered include individual plans and planning,

transition planning, employment planning, housing and workplace checklists, life quality and self advocacy.

[http://www.mnddc.org/extra/publications/choice/lts\\_My\\_Choice.pdf](http://www.mnddc.org/extra/publications/choice/lts_My_Choice.pdf) - Click link to access

**Moving : An Accessible Guide To Moving For People With Learning Difficulties And Their Supporters** / Raymond, Christiana; Barker, Vicki.

Cambridge, Speaking Up : 2006. 31 p. ; 30 cm.

This is written by people with learning difficulties for people with learning difficulties. The booklet is designed to help people with learning difficulties make choices about their housing and support and plan the moving itself. It guides the user through the emotional journey that is "moving".

CC 362.313 RAY

P12890

**Moving Out - The Family: For Families Of People With An Intellectual Disability** / STAR. VICTORIAN ACTION ON INTELLECTUAL DISABILITY.

[Melb?], Open Channel Prods for STAR : c1991. 1 videocassette (18 min.): sd, col.; 1/2 in. VHS

A series of three videos - 1) For people with an intellectual disability who are deciding whether or not to live in the community, 2) The community : living alongside people with an intellectual disability, 3) The family : for families of people with an intellectual disability.

CC 362.31 MOV

P04709

**A New Home In The Community** / Hollins, Sheila; Hutchinson, Deborah.

Lond., St George's Mental Health Library : 1993. 71p. ill.

This book is designed to help people with learning disabilities make a happy transition to a new home

CC 362.313 HOL

P04747

**Ok, Let's Talk About Me** / Hyde, Sophie.

SBS Independent South Australian Film Corporation : 2004. 1 videocassette (26 min.)

A documentary that provides insight into one person's journey towards independence. Eddie is about to turn eighteen years old and is ready to leave school. The film allows the viewer to gain a unique perspective of Eddie taking control of his own life and making his own decisions. By defying the stereotype of a person with Down syndrome this documentary is an inspiration to individuals with Down syndrome, their families and carers.

SC/DOW OKL

P10910

**Peter's New Home** / Hollins, Sheila; Hutchinson, Deborah.

Lond., St George's Mental Health Library : 1993. 71p. ill.

This book is designed to help people with a learning disability make a happy transition to a new home

CC 362.313 HOL

P04748

**The Road Ahead : Transition To Adult Life For People With Disabilities** / Storey, Keith ed.; Bates, Paul ed.; Hunter, Dawn ed.

St Augustine, Fl, Training Resource Network : 2008. viii, 271 p.

This book is for people with disabilities and their families and those who help them transition to a quality adult life. It looks at transition planning, assessment, instructional strategies, career development, adult employment, community functioning skills, social life, quality of life, self-determination, supported living, and post-secondary education.

CC 331.598 ROA

P12440

**Room To Move** / DISABILITY ADVISORY COUNCIL OF AUSTRALIA; AUSTRALIA. Department of Community Services.

Sydney, Film Australia : 1987. 1 videocassette (29 min): sd, col.; 1/2 in. VHS

Shows how young people with a disability are moving out of institutions and into the community. For people with a disability, families and general community.

CC 362.313 ROO

P07963

**Spread Your Wings : A Handbook For Young People Moving Into Their Own Home In The Busselton To Augusta Capes Region** / DISABILITY SERVICES COMMISSION.

Perth, Disability Services Commission : 2007. 35 p.

A handbook designed for young people and their families in the Busselton and South West capes region during the time of transition from school or home towards living independent living. Section one is on how to get started and includes information on planning, choosing a home, money matters, budgeting and finances, maintaining a tenancy, and independent living services. Section two includes information about other services in the community that may be of assistance including transport, employment, training, recreation, legal issues, drug and alcohol problems, and emergency contacts.

CC 362.313 SPR

P12030

**Ties And Connections: An Ordinary Community Life For People With Learning Difficulties** / KING'S FUND CENTRE.

Lond., King's Fund Centre : [1988]. 56p. ill.

This book is about helping people with intellectual disabilities develop their ties and connections with others in the community. It explores the different ways in which people meet and develop relationships with others and makes practical suggestions for people with intellectual disabilities themselves, families, care workers and other interested people

CC 362.36 TIE

P00534

**The Ties That Bind** / NATIONAL FILM BOARD OF CANADA.

Canada, National Film Board of Canada : 2004. 1 DVD (55 min.)

Focuses on the Jordan family and how they cope with their son, Chris, who has multiple disabilities. Chris wants to leave home and his family must plan for a future which has many uncertainties. The Internet site offers stories of the Jordan family and allows people to participate by sharing their own stories and opinions. There are do it yourself worksheets for help on financial, health and personal matters and links to other online resources. The video is a heartwarming documentary on Chris's transition towards a more independent life.

<http://www.tiesthatbind.ca/> - Click link to access

CC 362.38 TIE

P11033