



Live and Learn Together  
[JourneyHouse.ca](http://JourneyHouse.ca)



# Our Vision



- ▶ Journey House imagines a sustainable and inclusionary model of residential living, where each individual experiences an enhanced sense of identity, belonging and self-worth, and authentic connection to community.



# About Us



- ▶ Journey House is a Canadian registered charity, which incorporates a supported independent living model, for adults with diagnosed developmental and intellectual exceptionalities.



# About Us



- ▶ In March, 2014, Journey House opened its doors, for adults with developmental challenges.
- ▶ Journey House was created, as an outgrowth of day programming, provided by Destiny's Way Support Services.



# About Us



- ▶ The purpose of Journey House is to provide a long term residential option that addresses both availability and affordability.



# About Us



- ▶ Using a person-centered and relational approach to supporting living, residents are encouraged to become integrated and connected with their community.
- ▶ Through a range of innovative activities, an enhance sense of belonging and personal identity is developed.



# How Does It Work?



The Journey House Model:

- ▶ Residents are typically young adults that are able to enjoy their own room and live with 3–4 other individuals in a single home.
- ▶ Each resident has their own unique experience, strengths, and needs, yet share the main goal of using this natural environment to foster growth and opportunity.



# How Does It Work?



## The Journey House Model:

- ▶ In order to keep the staffing costs and the cost of service, at a reduced rate, a facilitator is selected to live onsite 24hrs/day, in exchange for free room and board.
- ▶ Each facilitator is both a roommate and mentor to their fellow roommates, who in turn develop life skills organically such as: hygiene, cleaning, budgeting, safety, shopping, meal preparation, and more...



# How Does It Work?



The Journey House Model:

- ▶ Supports mutuality of responsibility between facilitator and residents.
- ▶ Non-judgment based.
- ▶ Focuses on learning through comprehension of natural consequences.



# Why Does It Work?



The Journey House Model:

- ▶ The residence is a home, not a group home or facility.
- ▶ The facilitator is not an expert or instructor but is a helpful trusted roommate who leads by example.
- ▶ The facilitator also helps their roommates develop goals as part of their self directed plans.



# What Are Our Challenges?



## The Journey House Model:

- ▶ Ensuring our philosophy is followed, by maintaining an environment that allows for a “teaching moment”.
- ▶ Balancing the professional and personal relationship.
- ▶ Preserving respectful relationships between residents
- ▶ Promoting independence while mentoring for a positive outcome.
- ▶ Servicing a diverse group while respecting the person-centered approach.
- ▶ Identifying organizational expectations and boundaries.



# What is Included?

- ▶ The Journey House Program includes:
  - Rent, Utilities, Food
  - Safety
  - Overnight supervision
  - Daily guidance
  - Organic “teaching moments”
  - Recreation
  - Organized social events
  - Adult day programming



# What is Included?



- ▶ The Journey House Program includes:
  - Home environment as opposed to clinical one
  - Support addressing legal and advocacy needs
  - Support with seeking employment
  - Support with finances and money management
  - Support in seeking additional education or training
  - Addressing health (medical needs and healthy lifestyle choices)
  - Support with activities of daily living (hygiene, shopping, meal prep)
  - Community involvement (volunteer, spiritual and cultural organizations)



# What Are the Costs?



- ▶ Each resident is responsible for their rent and the fee for support services totalling \$1000/month. The maximum funds allocated to an individual by ODSP, covers this cost.



# What Are the Costs?



- ▶ At a cost of \$700/month, rent includes all utilities.
- ▶ At a cost of \$300/month, services include pooling of grocery funds to purchase and preparing meals, adult day programming, and overall guidance and support from the mentor.
- ▶ This portion of the residents' costs is subsidized by Journey House fundraising.



# Is there a Waiting List?



- ▶ Currently, the waiting list for Journey House is approximately one year from the date of the initial application and intake interview.
- ▶ Recruiting facilitators is the most challenging aspect of the program.
- ▶ Once this goal has been attained, securing a residence is a fairly easy process.



# Our Goals



- ▶ Guided by the Board of Directors, Journey House will continue to develop a strategic plan that focuses on:
  - Growth
  - Establishing a pool of facilitators
  - Development of programs
  - Broadening our scope



# Board of Directors

- ▶ Horace Roxborough – President
- ▶ Stephen Hazell – Chair
- ▶ Gopal Sharma – Vice Chair
- ▶ Marguerite Black – Secretary
- ▶ Richard Mansell – Treasurer



# For More Information:



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