

## Do You Have a Housing Plan?

Bring your lunch and laptop or tablet and join us as we complete the [My Housing and Support Plan](#) together.

Topics covered will include:

- 🌱 Creating your vision and learning from others
- 🌱 Discovering your strengths and needs
- 🌱 Creating a record of your support needs
- 🌱 Investigating how technology can increase independence and fill gaps to independent living
- 🌱 Building on natural supports and creating community circles
- 🌱 Exploring generic and disability specific services and supports
- 🌱 Bricks and mortar – housing options
- 🌱 Considering opportunities for self-funding and creating a housing and support budget
- 🌱 Pulling it all together and creating measurable goals

This workshop will be facilitated by Olivia Thomas and Karen Roberts, Housing Navigators for the DSO East Region and Martha Beach, Housing Navigator for DSO South East Region. It is open to people with developmental disabilities and their family members and/or their support networks living in the east region.

**To register and for questions about this event, please contact:**

[dsohousing@dsoer.ca](mailto:dsohousing@dsoer.ca)

**DATE:** April 18<sup>th</sup>, 2025 **TIME:** 9:30am to 3:30pm

**LOCATION:** In Person at: Unit 103A 1400 St. Laurent Blvd, Ottawa

**CONNECT WITH US!**

[dsontario.ca](http://dsontario.ca)



**DSO**  
Developmental Services Ontario

Developmental Services Ontario (DSO) helps adults with developmental disabilities find services and supports in their community.