

Elements of Neuroinclusivity in Housing

These elements of neuroinclusivity in housing can be used as a guide to planning for positive outcomes in housing for an Autistic person no matter where they are in their adult life:

Housing Infrastructure and Suitability

The built environment, including physical structures, surroundings and services that make up housing, and considers safety, accessibility, and comfort. Suitability refers to how well the housing meets the needs of its residents, considering factors like size, location, amenities, as well as sensory requirements and sensitivities for a healthy living environment.

Financial and Economic Stability

This involves reasonable planning for the management of financial aspects of housing, including sufficient resources to cover monthly rent, utilities, personal expenses, and necessary support. Income sources may include: employment, government funding, savings, and investments.

Support Systems, Including Natural and Paid Support

Considers the circles of assistance available to an individual, which can include both informal or natural support (family, friends, and community) and paid support (professional caregivers, homecare, or paid helpers). Supports should be flexible to meet changing needs over time.

Technological Support and Other Tools

Access to and utilization of technology that can assist in daily activities, communication, and other needs. This can range from adaptive devices for accessibility to digital tools that aid in overall functioning and promote independence, including technology training and support.

Self-Determination

The ability and right of individuals to make choices and decisions for themselves, based on their own values, preferences, and goals. It encompasses personal agency, independence, and the empowerment to direct one's own life path. People make their own decisions or are supported to make decisions using communication tools and methods that enable them to make decisions.

Medical and Mental Health Support

There is support for overall physical and psychological well-being, including the prevention, diagnosis, and treatment of medical conditions and mental health issues that can impact housing needs, by considering access to healthcare services, providers, and resources.

Community Care, Positive Relationships, and Social Connection

This considers a network of support and interactions within a community that fosters well-being through care and positive relationships. Social connection with friends, family, and community members contributes to emotional and social health, building a sense of belonging.

Physical, Emotional, and Social Safety

The conditions are present for individuals to feel secure from harm in physical, emotional, and social aspects of housing. Physical safety involves protection from injury or violence; emotional safety includes a supportive environment for expressing feelings; and social safety refers to acceptance and freedom from discrimination or exclusion.