

# Living Well At Home

Once the boxes are unpacked, the focus turns to what helps the home feel good and keeps everything running smoothly day to day.

This section includes ideas for getting along with housemates, taking care of chores, sharing space, and supporting wellness.

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## Building and maintaining positive relationships

Feeling settled at home includes having positive relationships with other people in and outside the home. In relationships, clear communication, healthy boundaries, and a sense of connection make a big difference.

Here we offer ways to strengthen relationships with housemates, support workers, neighbours, community members and others.

### Talk openly about housemates' needs and preferences



**Insight:** We heard that having conversations with roommates about accessibility needs, sensory preferences, routines, and stress triggers can help everyone live together more easily.



**Tip:** Find the right time, space, and tools to have these discussions. Prompting questions can help get the conversations started. The goal is open, ongoing two-way communication.



**Application:** Check out our [Getting to Know Me](#) reflection tool to spark open conversations and help roommates understand each other's needs and preferences.

Getting to Know Me

Use this page to think about and share what makes you to feel comfortable and supported in your home.

This template can be used by an individual for self-reflection, or with their support worker, family member, or friend. It can also be used by two people considering living as housemates to learn more about one another.

After you are done answering the questions below, consider if there are any solutions or compromises that might help you feel your best in your home right now.

What supports me at home:

These are things that make you feel calm, safe, and happy.

Example: No noise after 8pm, a clean bathroom, no scents, spending time together

What doesn't work well for me:

These are things that make it difficult to feel good at home.

Example: Unexpected guests, loud noises, messy areas, not having a private space

My "makes or breaks" and non-negotiables:

These are things you absolutely must have, can't live with, or can't compromise on.

Example: Need my cat, no smoking, no parties

Anything else I'd like someone to know about me:

## Set guidelines on having guests or visitors to support everyone's comfort



**Insight:** We heard that roommates feel more comfortable and relaxed at home when there are clear agreements about things like quiet hours, using shared spaces, and having guests over.



**Tip:** Include specific windows of time guests are welcome, areas of the home guests are allowed in, and set what is off-limits to guests. This can make their visits more predictable.



**Application:** Check out our example [Roommate Agreement Form](#), which sets clear expectations around chores, guests, and quiet hours. It's easy to use and leaves room for important details that some forms might miss.



## Roommate Agreement Form

Some roommate agreements rely only on checklists, which can be helpful for clarity and simplicity, especially for people who prefer short, direct communication. But checkboxes can leave out important details. On the other hand, some forms are packed with legal language or long explanations that are hard to follow.

This sample agreement aims to balance clarity and detail. It uses plain language, along with checkboxes and short written prompts, to help everyone understand what they're agreeing to.

Remember this is just an example. Use it as a starting point, and adjust it to fit your living arrangement, needs, and communication preferences.

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## Roommate agreement

### This agreement is between:

Roommate 1: .....

Roommate 2: .....

Address: .....

### Bedrooms:

Roommates will decide together who uses which bedroom. This can be revisited each year or if there's a change in need or preference.

Roommate 1 will take the following bedroom: .....

Roommate 2 will take the following bedroom: .....

### Cleaning and shared chores:

Within the first week, roommates will create a simple cleaning plan (e.g., list, calendar, or chart) that feels fair.

**Each roommate is responsible for keeping:** (Check all that apply)

- ☐ Their own room clean
- ☐ Shared kitchen tidy
- ☐ Shared bathroom tidy
- ☐ Shared living room tidy
- ☐ Other: .....

**Common chores include:** (Check all that apply)

- ☐ Taking out garbage, organic waste, and recycling
- ☐ Doing dishes or running the dishwasher
- ☐ Wiping down kitchen surfaces
- ☐ Wiping down living room spaces
- ☐ Vacuuming or sweeping shared spaces
- ☐ Cleaning the bathroom regularly
- ☐ Other: .....

If someone can't do a task (due to illness, stress, or other reasons), they will let the others know and work together to adjust the plan.

Roommates share the cost of basic cleaning supplies.

A third-party cleaner can be hired if agreed upon, and the person hiring them covers the fee.

**Guests and gatherings:**

Guests are welcome with consent from all roommates. If a roommate becomes uncomfortable, permission can be withdrawn.

Individual guests may stay up to ..... number of nights in a row and no more than ..... number of nights per week.

Larger social gatherings should be discussed at least ..... days in advance.  
All house rules still apply.

Support people (e.g., PSWs, case workers, therapists) may visit with prior notice when they are there to help a roommate.

Roommates agree to talk openly if guest visits start to feel overwhelming or disruptive.

**Quiet hours:**

Quiet hours support rest and routines.

Weekdays: ..... to .....

Weekends: ..... to .....

During this time, in shared areas, the following activities should be avoided: (Check all that apply)

- ☐ Loud music
- ☐ TV
- ☐ Vacuuming
- ☐ Group conversations
- ☐ Phone calls
- ☐ Other: .....

Roommates can adjust quiet hours together if schedules or needs change.

**Safety**

Doors should stay locked. Windows can be left open when someone is home but should be closed when the home is empty.

**Substance use**

Roommates: (Check all that apply)

- ☐ Do not feel comfortable with others bringing recreational substances into the house.
- ☐ Agree to other roommates storing and using the following substances in the house:
  - ☐ Alcohol
  - ☐ Cannabis
  - ☐ Tobacco
  - ☐ E-cigarettes or vape products

Guests require prior consent each time they wish to bring in recreational substances.

If permitted, the items must be stored safely and out of shared spaces. Substances will only be used in ways that respect others' comfort and safety.

Any concerns about use will be discussed respectfully, and adjustments will be made as needed.

**Pets**

- ☐ Pets are not allowed
- ☐ Allowed with consent from all roommates and must follow lease terms.

Pet owners take full responsibility and agree to keep pets out of others' private spaces.

### **Parking**

Number of parking spaces assigned in the lease: .....

The person using it covers any associated costs.

Each roommate is responsible for securing parking for their overnight guests.

### **Personal and shared property**

Roommates agree not to use each other's personal items (e.g., food, hygiene products, electronics) without permission. Items in shared spaces, like furniture and appliances, are for everyone's use.

Exceptions for items in shared spaces: .....

Exceptions for personal items: .....

### **Moving out or ending the agreement**

If someone wants to move out, they will inform their roommate first and help find a replacement if needed.

If a roommate is having trouble following this agreement, the first step is to talk about it together. Everyone agrees to approach concerns with curiosity and respect, and to work towards a solution that considers each person's needs.

If something serious happens, or if repeated efforts to sort it out don't lead to a resolution, the issue may be brought to the landlord or another trusted third party to figure out next steps.

### **Signatures**

Witness name: ..... Signature: ..... Date: .....

Roommate 1 name: ..... Signature: ..... Date: .....

Roommate 2 name: ..... Signature: ..... Date: .....



## Review household agreements on a regular basis



**Insight:** We learned that going over the household agreement regularly helps everyone stay on the same page and speak up if something needs to change.



**Inclusivity:** How often a review happens depends on everyone's preferences. It might be done once every month, once a year, or when someone new moves in.



**Tip:** Start a relaxed chat about what's working and what could be better. Pick a comfortable setting, like sitting on the porch or having a coffee together. Keeping it informal can help people feel at ease and speak openly.



**Application:** Check out our guide, [Welcome Package for New Tenants](#). It's a friendly way to share the housing agreement, invite communication preferences, and help people feel welcomed and supported from the start.

## Welcome Package for New Tenants

Many landlords or housing providers offer their tenants a welcome package to orient people to their new home and establish a positive dynamic. It's also a great way to communicate a lot of info they need in a way that's easy to understand.

Drawing from some of the great welcome package ideas out there, here are some potential items you could include.

**Welcome letter:** A friendly note to say “Welcome!” and share a little about the space.

**Clear communication process:** Simple instructions for how to request help or report issues.

**Personal preferences and communication card:** A simple card for tenants to share preferences on how the landlord can best communicate with them.



**Inclusivity:** They can improve comfort and establish boundaries while reducing anxiety or stress about landlord-tenant interactions.

**Emergency contacts and procedures:** List important contact info such as for fire, police, or repairs, and when to reach out.

**How-to sheets:** Easy guides with clear, visual instructions for things like using appliances safely or setting up alarm and garage door codes.



**Inclusivity:** They provide clear action and information, which supports safety and confidence.

**Sensory guide:** Provide tips for managing lighting, noise, temperature, and ventilation in the home.



**Inclusivity:** It offers flexibility and options to support people's comfort and preferences.

**Map of the community:** Highlight key spots like grocery stores, parks, and public transport.

**Gift card:** A small gift card to a local restaurant or coffee shop to invite them to explore the area.



**Inclusivity:** These resources promote community engagement and connection.

**Weekly calendar or planner:** Mark key dates like rent due dates, garbage pick-up, and community events.



**Inclusivity:** This information helps people build schedules and routines.

**Copy of the rental agreement:** Highlight details like rent amount, payment dates, lease terms and conditions for ending or renewing the lease.

**House rules and guest policies:** Provide a clear list of house rules and guest guidelines to establish clear expectations.



**Inclusivity:** This can be a starting point for conversations around unspoken rules and expectations and avoid potential conflicts.

**Small kit of essentials:** Toilet paper, paper towels, cleaning supplies, and a couple of drinks and snacks to get started.



**Inclusivity:** This makes the move-in process go a little smoother by ensuring people have some essentials on hand.

## Encourage people to bring someone they trust to community events



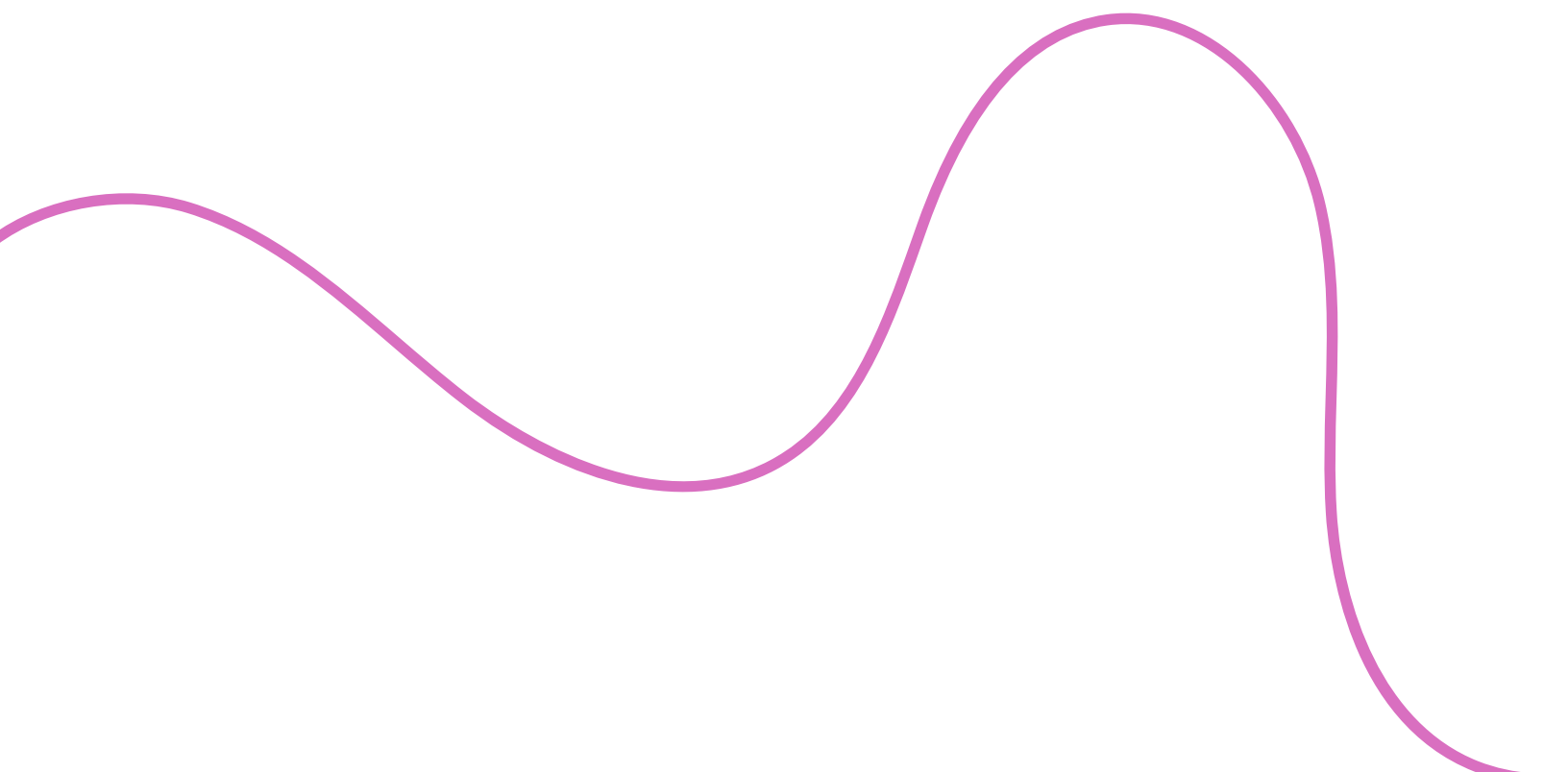
**Insight:** We heard that joining events with a friend, family member, or support person made people feel more comfortable in social situations.



**Inclusivity:** Letting people know they are welcome to bring someone with them to community events like a rooftop BBQ, game night, or garden project can ease social stress and support inclusion.



**Tip:** Try adding a sentence to event invitations that people are welcome to bring someone with them.



## Doing household tasks

Housework and maintenance are a necessary part of daily life. People we connected with had lots of different ideas for doing household tasks. Here are some practical ways to make these tasks easier and more manageable.

### Get things done together by coworking or body doubling



**Inclusivity:** Body doubling means doing tasks alongside someone else, it can increase motivation and make it easier to get started and stay engaged. This can be helpful for people who live alone and need external motivation to complete household tasks.



**Tip:** Try pairing up in person or virtually while doing chores. It could be with a roommate tidying their own space, a friend on video call, or even a casual phone chat while folding laundry.



**Example:** We spoke about body doubling with someone who used it as a strategy with their Autistic family member.

They shared, *“We body double all the time. Sometimes when they were writing essays, they would phone me as I was cooking dinner and doing other things around the house.”*

And it didn’t need to just be with them. They explained that the Autistic person also body doubled with their housemate, and that the two of them share a *“symbiotic relationship that works quite well for them in an interesting way.”*



**Application:** Check out our [Body Doubling Guide](#) to learn how this strategy can offer a structure to help people start and finish household tasks.

## Body Doubling Guide

Body doubling is a strategy where two people work side by side on individual tasks, in person or virtually, to help increase focus, motivation, and follow-through.

We heard from many people, especially those with neurodivergent experiences, that this approach can be helpful because it adds structure, gently supports momentum, reduces distractions, and makes tasks feel more manageable.

Of course, everyone's needs and preferences are different. Body doubling might work well for some tasks, some days, or with certain people, but not always. It's something to try out and adapt.

### Why it can help

- Provides structure** ..... ➔ A scheduled time and shared space can make it easier to start and stick with a task.
- Encourages follow-through** ..... ➔ Having someone nearby can increase commitment to the task, not out of pressure, but out of shared presence.
- Reduces distractions** ..... ➔ It's often easier to stay focused when anchored by someone else who is also working.
- Eases overwhelm** ..... ➔ Sharing space, even silently, can make solo tasks feel less daunting.
- Boosts motivation** ..... ➔ For some, showing up for another person helps them also show up for themselves, especially when done in a supportive, low-pressure way.

### Tips for getting started

- Choose the right person** ..... ➔ Someone who understands how to body double and can work calmly alongside you.
- Clarify your task** ..... ➔ Define what to work on and break it into smaller steps ahead of time if possible.
- Set a clear start and end time** ..... ➔ Keep it manageable and consider building in breaks to recharge.
- Pick a good environment** ..... ➔ Try to choose a space that supports focus and has everything that is needed within reach.
- Communicate expectations** ..... ➔ Let the body doubling partner know what you plan to work on, for how long, and what might be supportive.
- Reflect and adjust** ..... ➔ After the session, think about what worked well and what to tweak next time.

## Lean into strengths to do household tasks



**Inclusivity:** When living alone, start by doing the household tasks that feel the easiest or most enjoyable to build momentum. Use routines, devices, or support strategies like body doubling or the Pomodoro Technique to help get through the ones that feel more challenging.



**Tip:** Use tools like robot vacuums, slow cookers, or dishwashers to help shorten the to-do list. If they fit within the budget, they can save time and energy.



**Inclusivity:** In co-living arrangements, chores don't always need to be split evenly. Some people prefer to stick with tasks they're good at or don't mind doing. That's okay, as long as the overall workload feels fair, and the less-liked tasks are shared or rotated.



**Tip:** Have a chat about who would like to be responsible for what tasks instead of assigning them randomly.



**Example:** We talked with several Neurodivergent people about how they split up tasks with their housemates. A successful way was to figure out who had the time and energy for certain tasks.

While talking about meal prep and finances, one person shared, *“it’s been really hard for me to clean and take care of things while I’m doing full-time work.”* And because their housemate has more free time, *“they handle all the food, and I handle all the money stuff. That’s the arrangement we have right now.”*

Importantly, they said that this setup can change, but for now, it meets both of their needs without things feeling unbalanced or overwhelming.



## Create task lists to organize household responsibilities



**Insight:** We learned that household tasks can feel never-ending. Lists are a way to organize responsibilities and remember when tasks need to be completed.



**Tip:** Break chores into small steps and try spreading them out across the week. A written plan, app, or reminder can help keep things from piling up.



**Tip:** Try putting tasks into one list for housemates and another list for property managers. For example:

Housemates:

- Washing dishes
- Laundry
- Vacuuming

Property managers:

- Vent cleaning
- Gutter maintenance
- Pest control



**Tip:** Put tasks on lists that are easily forgotten or tasks that might be harder to keep up with.

## Use scheduling tools to organize who does what and when



**Insight:** We learned that it's easy to forget about household tasks like checking smoke detectors or cleaning the oven. These things don't come up every day, but they matter for safety and maintenance. A simple schedule or reminder can help keep them on the radar.



**Tip:** Try out a wall calendar or whiteboard to write down and visualize who's doing what household tasks, and when.

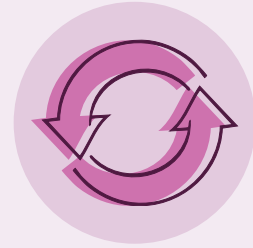


**Tip:** Ask a friend or family member to set reminders in their calendars to check-in or offer a nudge.





**Example:** In one of our research interviews, an Autistic person shared how much they valued having a housemate to rotate tasks with. They took turns cleaning and cooking, rotating daily. They felt that having another person made things *“way better than if I’m doing it all by myself.”* They added, *“it doesn’t feel like big work for me if we’re doing it together. The fact that I have someone, it doesn’t feel heavy on me. I feel even happy to do it.”*



## Support home maintenance with clear guides and helpful tools



**Insight:** We learned that it is useful when landlord and property managers share a home maintenance guide that includes contact info for repairs, emergencies, and local services.



**Inclusivity:** Easy-to-follow guides can take the guesswork out of tasks and give people more confidence in managing their space.



**Application:** Check out our [Planned Property Maintenance List](#) example of communicating about upcoming tasks, which helps tenants know what to expect and can plan around scheduled work.

## Planned Property Maintenance List

Knowing what and when seasonal maintenance tasks will be done keeps everyone on the same page. Clear expectations and predictable schedules are helpful for anyone, but especially for Neurodivergent tenants.

Knowing when someone might be entering the space, when there may be extra noise or activity, or when sensory input could increase lets people prepare for these regular maintenance tasks.

Here's a short list of seasonal tasks that might be completed. Sharing something like this with clear communication about what will happen during the task can go a long way in reducing stress and building trust.

### Spring



Inspect roofs and gutters: Check for damage or blockages that could cause leaks.



Trim bushes and clean up gardens: Improves security and prevents pests.



Check roof for damage: Look for missing shingles or leaks.



Service air conditioning: Ensure it's ready for summer.



#### Example communication:

I plan to be visiting the property next Tuesday from 2:00-4:00 pm, and there will be some noise as I use trimming equipment in the garden.

### Summer



Mow lawn and trim trees: Keep the garden tidy and maintained.



Clean air conditioner: Ensures it runs efficiently.



Clean exhaust fans: Improves airflow and air quality.

## Fall



Seal gaps around windows and doors:  
Prevents drafts and improves insulation.



Service furnace:  
Prepare it for cold weather.



Winterize outdoor pipes:  
Prevents freezing and pipe bursts.



### Example communication:

A service company will send 2 workers to the home next Wednesday between 9:00 and 11:00 a.m. They will apply caulking to the window seams, both outside and inside. This work may involve some noise and a mild smell. The workers will knock and ask to come inside to do the indoor part of the job.

## Winter



Clear snow and ice:  
Keep paths safe.



Check for ice dams: Prevents water damage when ice melts.

## Regular maintenance



Test fire alarms and fire extinguishers:  
Ensure they're working.



Change air filters: Improves air quality and HVAC efficiency.



Check for pests or mould:  
Improves health and quality of life.

## Link cleaning to a social visit



**Insight:** We heard that sometimes inviting a friend to the home for a social visit creates a little motivation and is enough to prompt a quick tidy-up.



**Example:** In an interview with an Autistic self-advocate, they shared, *“Being around friends is good, especially cause I’ll want to invite them over and then when I invite them over, I’m like, okay, I want to tidy up at least the bathroom and make sure there’s space for them to sit. So, it kind of helps me look after my house in that way.”*



## Sharing spaces

Living with others can be a good thing. It can mean support, shared tasks, and social time. But it also takes some work to make sure everyone's comfortable sharing the space.

Here are ideas to make co-living smoother, such as setting up routines, talking about sensory stuff, and finding the right balance between alone time and connection.

### Explore shared living with another Neurodivergent person



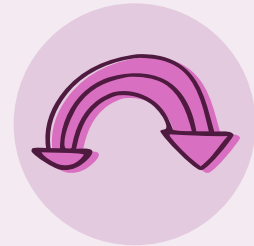
**Insight:** We heard from some people that living with another Neurodivergent person felt more comfortable and like a good fit because they did not have to explain themselves.



**Inclusivity:** Remember that even if both people are neurodivergent, their needs can differ.



**Example:** We chatted with a Neurodivergent person about what it was like to live with another Neurodivergent person. They felt it that it was a positive experience, sharing, *“we’re both Neurodivergent, we both understand each other on a cellular level. And just learning more about how much space I need, and like, emotional space as well.”*



## Be aware of sensory zones in the home



**Insight:** We learned that sensory needs are a big part of living well at home and that they are different for everyone. Openly discussing sensory needs can support everyone's comfort at home.



**Example:** During our research work, many Neurodivergent people talked about the sensory zones in their home. Sometimes, it was from other people doing household things, as one Neurodivergent person said, *“For instance, if they’re turning on the blender because they make smoothies and other things, they’ll let me know so that we both aren’t in sensory hell from that.”*



**Tip:** Think about all the senses and how activities might be associated with sensory discomfort. For example, vacuuming, phone calls on speakerphone, fans, open or closed windows, sticky counters, fragrances, cooking scents, or cleaning products.

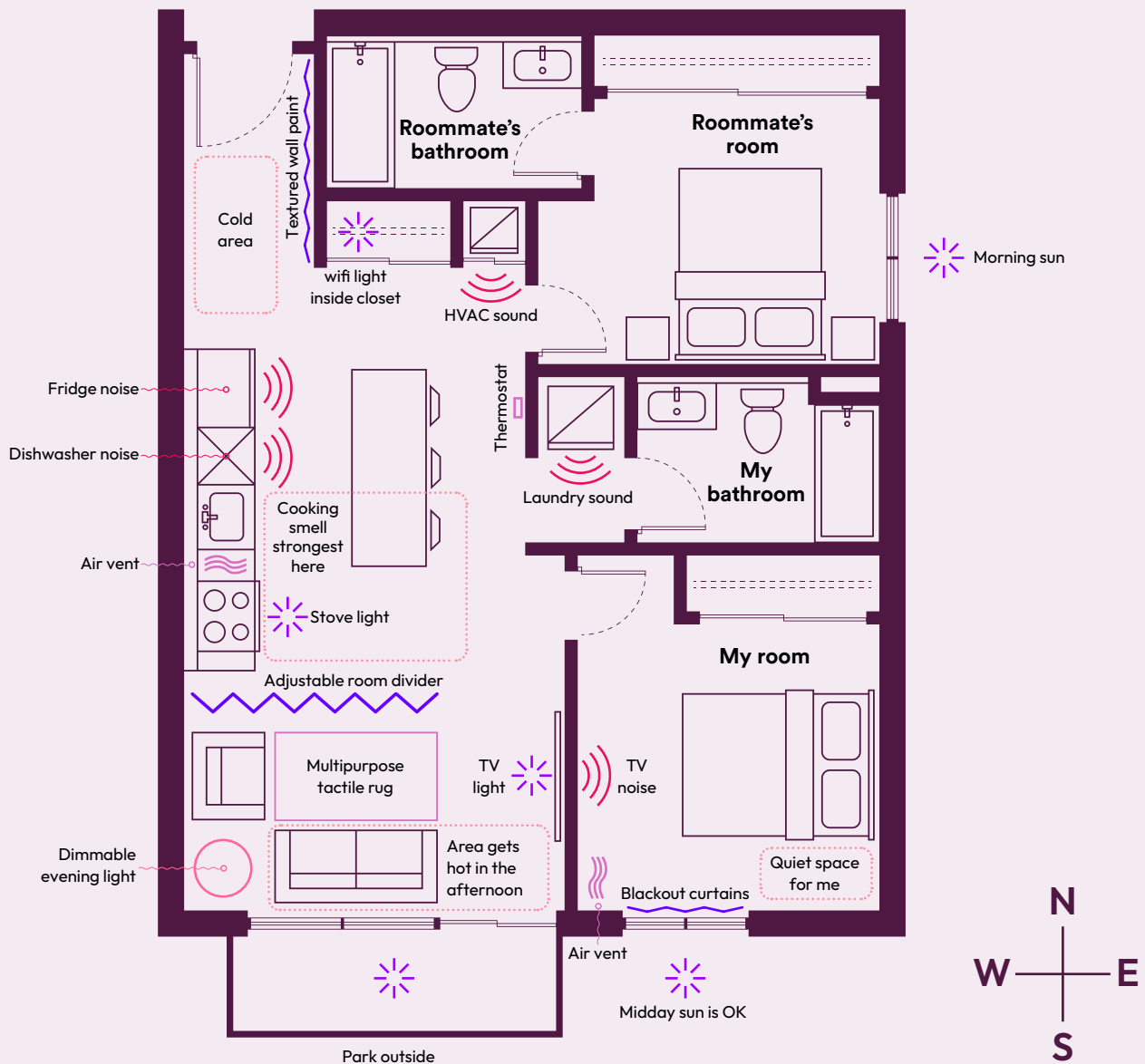


**Application:** Check out our [Sensory Zone Map](#) example to help create one and use it to talk about sensory needs with roommates.

## Sensory Zone Map

Draw or print out the home layout and mark areas that have sensory inputs. Use this example scenario to get started.

In this scenario, Andy lives with a roommate in an apartment with a 2-bedroom, 2-bathroom setup. Andy's roommate has the room with the private, ensuite bathroom because they like the morning sun coming in from the east window, while Andy does not. Andy marked areas in their home where light, sound, touch, temperature, and smells were good, or not so good, or neutral.



## Make space for both privacy and connection



**Inclusivity:** Having a private space in a shared home gives people room to recharge, lower stress, and feel a sense of balance.



**Tip:** Share spaces by time if there isn't a separate room. For example, someone might use the living room for quiet time in the afternoon, and someone else uses it later in the evening.



**Tip:** Schedule regular times for social connection, like watching a show together or chatting over a meal.

## Post clear and visible guidelines for common areas



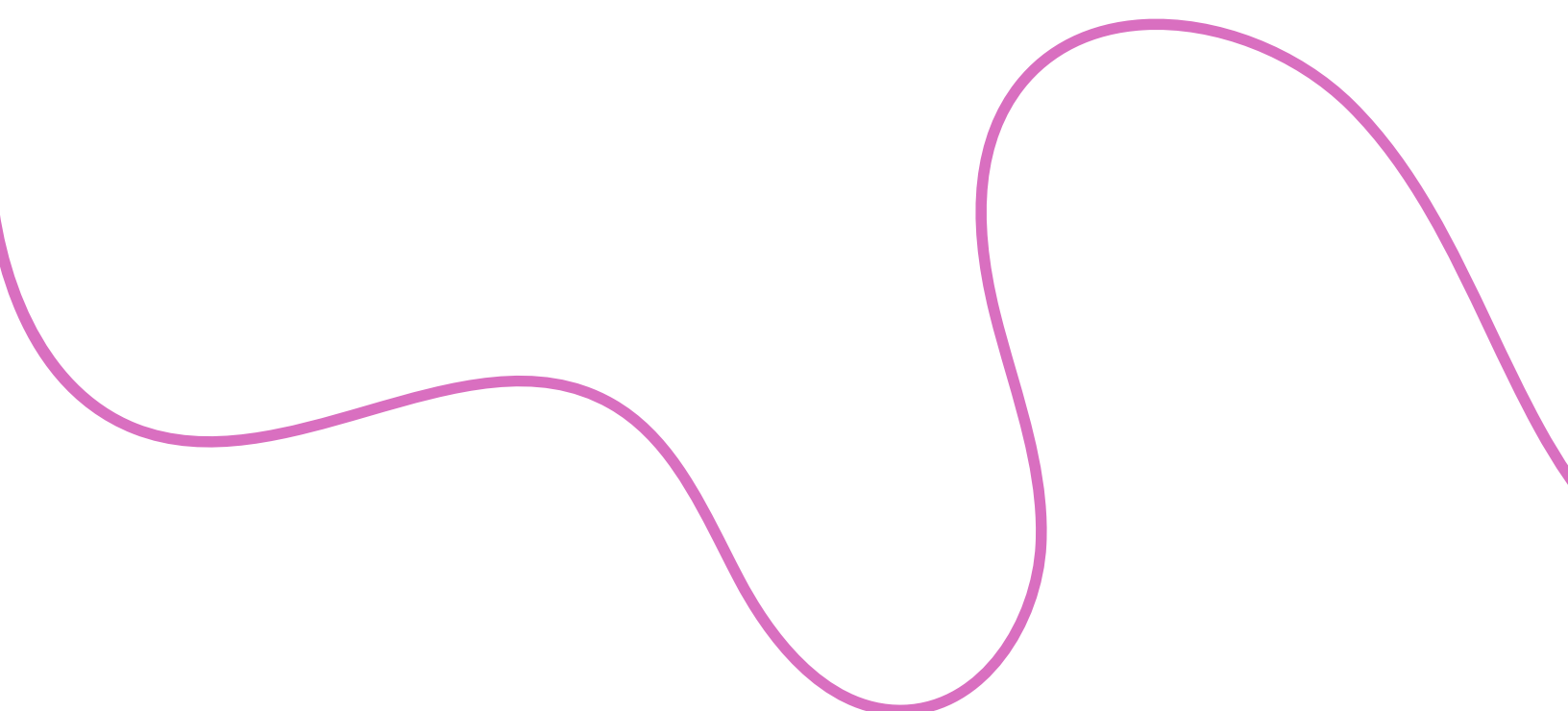
**Insight:** We learned that clear guidelines in shared areas like laundry rooms, gyms, or patios reduces guesswork and avoids confusion about unspoken rules. This makes everyone feel more comfortable and confident using the space.



**Inclusivity:** Good signage and messages have a positive tone and use simple text and visuals. It should also be in multiple formats, for example, posters, digital notices, or flyers.



**Application:** Check out our examples of [Common Area Signs](#) for ideas on making clear signage that calls out unspoken rules and expectations.










## Common Area Signs

Posting clear, visible guidelines for common areas like laundry rooms and living rooms can be a helpful reminder when sharing spaces. Guidelines like this are more than “how-to’s” because they can call out unspoken rules and expectations.

These guidelines can be created by anyone, such as housemates, landlords, or with support workers. We have included a few samples. Feel free to adapt or create versions to fit different needs and situations.

### House Rules

**We want to make our shared living space a great place for everyone to be. Please remember:**

 <p>Use headphones and keep noise to a soft-speaking volume after 8pm.</p>	 <p>Do not move or use other people's things without asking.</p>	 <p>Avoid using strongly scented items in the living room. We are a scent-free space!</p>
 <p>When other people are home, please ask before turning on the big light or any loud appliances.</p>	 <p>No surprise visitors! Check-in with the other housemates before having guests over.</p>	 <p>Always pick up your trash and clean up after yourself. Leave the space as you found it!</p>

**If you're unsure, just ask!  
We can work through it together.**



### Laundry Room Guidelines

- ✓ Schedule your desired time to do laundry on the shared house calendar.
- ✓ Do not overload machines, or else they make a loud banging noise. See the weight guidelines on the inside of the washing machine door.
- ✓ Please do not use heavily scented detergents or dryer sheets in the shared laundry machines.
- ✓ Set timers and empty the machines when your load is completed. If not, other people might need to move your clothing so they can do their laundry. See the cycle times sheets above the washer and dryer.
- ✓ Empty the lint trap in dryer after each cycle. If you need, there are tongs for you to use on the hook below.

**If you need assistance,  
call or text 123-456-7890**

# Keeping mentally, emotionally, and physically healthy

Feeling safe, and comfortable at home and in the neighbourhood is important.

Here are some practical strategies to support key elements like physical safety, self-care, nutrition, and everyday comfort.

## Plan ahead for physical safety in emergencies



**Insight:** We heard that staying physically safe at home includes being ready for emergencies. Whether it's a fire, power outage, or medical situation, having a plan can protect health, reduce stress, and make sure everyone knows what to do.



**Inclusivity:** A good emergency plan considers how people communicate, what kind of support they might need, and what helps them stay calm in stressful situations. Plans should be clear, easy to follow, and shared with everyone who might be involved in supporting safety.



**Tip:** Put together an emergency kit, which includes:

- A visual guide with essential actions to take during an emergency
- A contact list with important phone numbers
- A bag packed with necessary supplies and comfort items for self-regulation



**Tip:** Consider having different methods to signal an emergency in addition to auditory alarms, such as flashing lights or spoken words.



**Application:** Check out our [Tips for Making an Emergency Evacuation Plan](#) to create or adapt one that is accessible and supportive of different processing needs.

## Tips for Making an Emergency Evacuation Plan

There is a responsibility to make sure emergency information is clear and usable for everyone. People process information in different ways with some needing visuals, step-by-step instructions, or extra time to understand what's happening.

In an emergency, these differences matter. That's why tools like evacuation exit maps for things like a fire or gas leak must be created and shared in ways that are truly accessible. This helps people navigate an emergency in a way that is safe and makes sense to them.

These tips can be used to create a new plan or add information to existing plans.

### Tips

- ✓ Create a simple visual map that illustrates how to get out of the home.
- ✓ Use pictures or icons to show what to do, for people who process images more easily.
- ✓ Make a digital copy, ideally something that is also compatible with a mobile phone.
- ✓ Be clear and direct, saying exactly what you mean. For example, "Go to the door on the left" is better than "head toward the exit."
- ✓ Keep it short and easy to follow. Write one step at a time.
- ✓ Break actions down into small parts.

### Making it easy to read and use

- ✓ Use dark text on a light background.
- ✓ Don't use all caps or italics. Bolded text is best for important info.
- ✓ Pick simple fonts like Arial or Aptos, size 12 or bigger.
- ✓ If using images, add text descriptions so screen readers can explain them.

### Pair it with complementary products

- ✓ Include a customizable identification card someone can fill out and have in their home with pertinent information such as sensory needs, communication preferences, and contact information.
- ✓ Provide a list of who to contact in an emergency like a fire or gas leak.
- ✓ Create a door sticker to let responders know if extra support is needed.

## Use reminders to support self-care and nutrition



**Insight:** We learned that self-care including eating, drinking water, or staying warm outside can be forgotten when people get busy. Setting up gentle reminders can keep routines on track.



**Example:** Pets can be great natural reminders. Their routines often prompt self-care like getting outside, taking breaks, eating, and exercise.

*“I still need to make sure they’re fed and drinking water. So, my cat kind of helps hold me accountable to my own health as well because, like, I’ll get up and get them water, and then I’ll get me water kind of thing.”*



## Make mealtimes easier with prep-ahead options



**Inclusivity:** When living alone, it can be hard to feel motivated to cook, for one person. Having meals prepped ahead of time makes it easier to eat well, especially on days when energy or focus is low.



**Tip:** Try making larger portions and saving leftovers for another meal. Meal delivery services can also be an option if it is within the budget.

## Offer transportation supports to access community spaces



**Insight:** We heard that access to community spaces for hobbies, learning, or social connection is very important. Places such as libraries or recreation centres are great additions to a community. However, getting to these spaces is still a common barrier.



**Tip:** Try helping someone plan routes, book rides, or provide travel training to their preferred activities.



**Tip:** When planning an event, set aside time, staff, or funds for transportation to help make getting there easier.