

## Keeping Track of Your Supports During a Move

Moving is a big change, and it can be easy to lose track of important details. This template is designed for organizing and staying connected with supportive people and services.

It can be used by an individual, or with a trusted family member, friend, or support worker.

**Inclusivity:** This snapshot of current supports can help shape housing choices or plan for a move.



Fill in each card with the following details:

1. The support and their contact information.
2. Think about the amount of the support needed in the new home. Will the support not be needed, or will there be less, the same, or more needed?
3. Add details about what changes need to be made.
4. Add details about how the changes will be made, including who will do it and when they need to be done.

We included a few examples of what the cards and this support tracker might look like. There is a blank version to use as well.

## Example: Transit

MetroBus support, (123) 456-7890

<b>How much of this support will I need in my new home?</b>	<p><input type="radio"/> Not needed</p> <p><input type="radio"/> Less</p> <p><input type="radio"/> Same</p> <p><input checked="" type="radio"/> More needed</p> <p>I am not in walking distance to my doctor's office anymore.</p>
<b>What changes need to be made?</b> Add details	<p>Update address and reschedule pickup on Tuesdays.</p>
<b>How will changes be made?</b> By whom and when	<p>I will update my address in my online portal.</p> <p>Mom will call and reschedule my pickups.</p> <p>Done by Jun 24.</p>

## Example: Occupational Therapist

Mika, mika@email.com

<b>How much of this support will I need in my new home?</b>	<p><input type="radio"/> Not needed</p> <p><input type="radio"/> Less</p> <p><input type="radio"/> Same</p> <p><input checked="" type="radio"/> More needed</p> <p>I will be cooking and cleaning for myself.</p>
<b>What changes need to be made?</b> Add details	<p>Update address and plan for new daily routines.</p>
<b>How will changes be made?</b> By whom and when	<p>I will email my caseworker and tell them.</p> <p>Do tomorrow.</p>

## Example: Meal delivery

Pami, meals@email.com

<b>How much of this support will I need in my new home?</b>	<input checked="" type="radio"/> Not needed <input type="radio"/> Less <input type="radio"/> Same <input type="radio"/> More needed
<b>What changes need to be made?</b> Add details	Cancel deliveries.
<b>How will changes be made?</b> By whom and when	I will email Pami to cancel it as of next month. Do next Wednesday.

## Example: Social visits with my friend Lin

Lin, (234) 567-8910

<b>How much of this support will I need in my new home?</b>	<input type="radio"/> Not needed <input type="radio"/> Less <input checked="" type="radio"/> Same <input type="radio"/> More needed
<b>What changes need to be made?</b> Add details	Tell Lin my new address.
<b>How will changes be made?</b> By whom and when	I will tell Lin during our next visit. Do next Thursday.

### Additional considerations:

- Do you need to discuss these changes with someone?
- Will you need different supports that aren't currently in place? Add them to the template to be organized before the move.

## Blank version

Type of support: .....

Contact info: .....

**How much of this support will I need in my new home?**

- ☐ Not needed
- ☐ Less
- ☐ Same
- ☐ More needed

**What changes need to be made?**  
Add details

**How will changes be made?**  
By whom and when

Type of support: .....

Contact info: .....

**How much of this support will I need in my new home?**

- ☐ Not needed
- ☐ Less
- ☐ Same
- ☐ More needed

**What changes need to be made?**  
Add details

**How will changes be made?**  
By whom and when