









Is My Living Situation Working Well

Use this tool as a check-in to reflect on the current housing situation. It can guide conversations about what is going well or not well and start the process of making any necessary changes. There is a spot to write the date of this check-in and a future date at the bottom of the page to revisit this again in the future.

**Inclusivity:** This is a person-centred tool. It can be used by an individual, potentially with the support of a caregiver, professional, or between housemates.

Decide on a rating scale that works best for the situation. This might be numbers, emojis, a sliding scale, checkboxes, colours, words, or something else that best represents the feeling. Here are some examples of different rating scale options:



Words	Faces	Emojis	Numbers	Colours
Never			0	Red
Sometimes			1	Orange
Often			2	Yellow
Always			3	Green

Rate and reflect on how you feel about each of the following:

Area	Question	Rating	Are there any exceptions or considerations to this?	Ideas for changes
<b>Support needs</b>	How often do you feel like your support needs are being met?			
<b>Safety and security</b>	How often do you feel emotionally and physically safe and secure in your home?			
<b>Choice and control</b>	How often do you feel comfortable advocating for your own wants and needs?			
<b>Personal space and privacy</b>	How often do you feel like you have enough personal space and privacy in your home?			
<b>Sensory needs</b>	How comfortable is your home environment for your sensory needs?			
<b>Communication</b>	How do you feel about the current level and style of communication between you and people in your home environment?			
<b>Daily routine</b>	How often does your home support your daily routines?			
<b>Other area:</b>				
<b>Other area:</b>				

Date of this check-in:

Date of next check-in: