



## How to Find the Right Housemate for You

People decide to have a housemate for many reasons. Some people just don't want to live alone. They want to have someone to talk with, to eat with and to share their lives with. Living with one or two other people in an apartment or house can also reduce expenses by allowing people to share the cost of support staff and the monthly rent and utilities. Each person's support services are determined by each person's needs that are documented on their Individual Support Plan (ISP). However, a benefit of having similar support needs as your housemate is that services can be provided by the same staff and compliment each others services.

Most importantly, having a housemate means having a friend!

### Things to Think About in Choosing a Housemate

- Do you want a housemate who is your age, younger, older or it does not matter?
- Do you want a housemate who will do things with you or do you like to be by yourself?
- Do you want a housemate who has similar interests as you do, for example:
  - Playing or watching sports
  - Cooking
  - Watching television
  - Watching movies
  - Listening to music
  - Playing board games or cards
  - Shopping
  - Going out to eat
  - Going to church
  - Going to community activities
- Do you want a housemate who keeps the same schedule as you? For example, if you like to go to bed early, do you want a housemate who stays up late at night?
- Do you want a housemate who is generally quiet or someone who likes to watch television or play music?
- Do you want a housemate who has a pet?
- Do you want a housemate who likes to smoke?

### How can I find a housemate?

Many people find a housemate by thinking about the people they have grown up with, people they work with, people they see at community events and people they have known through organizations such as Special Olympics. You could also talk with your supports coordinator who may know of someone who also wants to move out of their family home and into a house or apartment with a housemate.