



OTHER HOUSING & ACCOMMODATION RESOURCES

Bedford encourages you to investigate all of the housing opportunities available to ensure you find the right home for you.

Other helpful resources including books, videos and advise on equipment available can be found through:

- Disability Information & Resource Centre (DIRC)
195 Gilles St, Adelaide SA 5000
t: (08) 8326 0555
f: (08) 8236 0566SA call 1300 305 558
e: dirc@dircsa.org.au
www.dircsa.org.au
- Department for Families & Communities - Disability, Ageing & Carers
Level 2, Riverside Centre, North Tce, Adelaide SA 5000
t: (08) 8226 8800
f: (08) 8413 9003
e: enquiries@dfc.sa.gov.au
www.dfc.sa.gov.au



WANT TO KNOW MORE?

To find out more on housing and accommodation options offered by Bedford, contact us on (08) 8374 3074, email housing@bedfordgroup.com.au or visit our website bedfordgroup.com.au



Bedford™

615 Goodwood Rd, Panorama SA 5041
PO Box 23, Melrose Park SA 5041

t: (08) 8275 0211
f: (08) 8277 0229
e: bedford@bedfordgroup.com.au

bedfordgroup.com.au



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Getting Ready to Move Out





THINGS TO CONSIDER AND THINGS TO DO

There are a number of things that you should consider or do when deciding on the right type of accommodation for you.

Things to consider

- The type of accommodation best suited to your needs
- The best location for you to live considering your support networks and service access needs
- What independent living skills you have now and what ones you may need to learn
- What additional support or services do you require
- How much is the accommodation and any further support going to cost

Things to do

- Request information from all service providers
- Register your name on to all provider waiting lists
- Learn independent living skills before moving out
- If possible, trial a short term stay or respite service



HELPING SOMEONE LEARN IDEPENDENT LIVING SKILLS

One of the best things you can give someone are the skills to live independently. Below are some of the ways you can help someone successfully move into their own accommodation.

What skills should you teach?

- Doing the washing. From using the machine to ironing and putting clothes away
- Cleaning such as sweeping, mopping and dusting and the types of products to use
- Cooking including planning and preparing a meal as well as food hygiene and safety
- Using public transport or taxis
- Money management including banking, using an ATM and paying bills

Tips for teaching

We all learn in different ways. Below are some tips you can use to help someone learn a new skill.

- Use a variety of different teaching methods
- Use resources such as community groups, DVDs or photos to help explain
- Teach the task in the actual place where it will be done
- Break the task into steps
- Create a schedule for activities to be done in the morning, afternoon and evening as well as a weekly list
- Make sure you practice the task frequently as this helps reinforce the training
- Use assistance devices where appropriate and available



INDEPENDENT LIVING SKILLS

It is important to take every opportunity to learn independent living skills as this may increase your eligibility for different types of accommodation.

Some of the things you should try and learn before moving out are:

- Doing your own washing and ironing
- Cleaning such as vacuuming, mopping and dusting
- Cooking and food safety
- Using public transport or taxis
- Managing money and banking
- Shopping for food and household items

Ask someone around you to help you learn these things to make sure you have the best opportunity at living independently.

Please see over for some helpful resources and other information sources about accommodation and living independently.



WHY CHOOSE BEDFORD?

Bedford provides the best options and opportunities for people with disability or disadvantage

Bedford is South Australia's most diverse provider of services to people with disability or disadvantage.

Bedford prides itself on its progressive nature and commitment to innovation with a broad base of services and programmes that ensure that we are able to address the diverse and evolving needs of people with disability or disadvantage.

An integral part of our services is the availability of pathways between programmes and locations to ensure that each individual can choose the best options and opportunities for them.

Bedford provides employment and training through our furniture, hospitality, horticulture, packaging, and various regional Australian Disability Enterprises (ADE's) or in the community through CareerSystems. In addition, Bedford offers community involvement through our Day Options programme and key residential services across South Australia.

For more information about Bedford, our services or programmes, visit bedfordgroup.com.au or phone (08) 8275 0211.