My Housing Options

Learning from Past, shaping the future of inclusive housing

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QUEENSLANDERS WITH DISABILITY NETWORK

About QDN

- Peer-led organisation representing 3,000+ members
- Motto: 'Nothing about us without us'
- Focus: Voice, Rights, and Inclusion

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Today's Journey

1. Learning from the past
2. Where we are now
3. Shaping the future – the toolkit
4. Co-design in action
5. Showcase and reflections

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Learning from the Past: The History of Housing

- Institutions to group homes to community inclusion
- Limited choice and control
- Lessons about rights, autonomy, and inclusion

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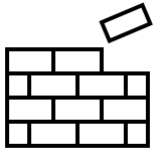
Where we are now

- NDIS and housing reforms

- Ongoing barriers: affordability, accessibility, complexity



- People still in hospitals, nursing homes or unsuitable housing

Shaping the Future: Why the Toolkit matters

Builds knowledge and confidence

Bridges housing and supports

Promotes choice and control

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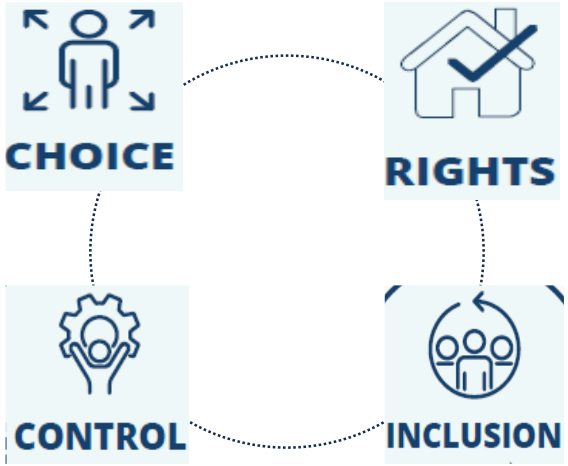
The Four Housing Principles

1. Rights
2. Control
3. Choice
4. Inclusion



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About the Toolkit

- Co-designed with people with disability, families, organisations, and government
- Helps explore, understand, and plan housing
- Flexible and re-visitable over time

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Co-design in Action

Workshops with peer leaders and members

Road-tested through Hot Topics, Community Housing Providers, Specialist Disability Accommodation Providers, Supported Independent Living Providers and Level 3 residential service

People felt heard, valued, and proud

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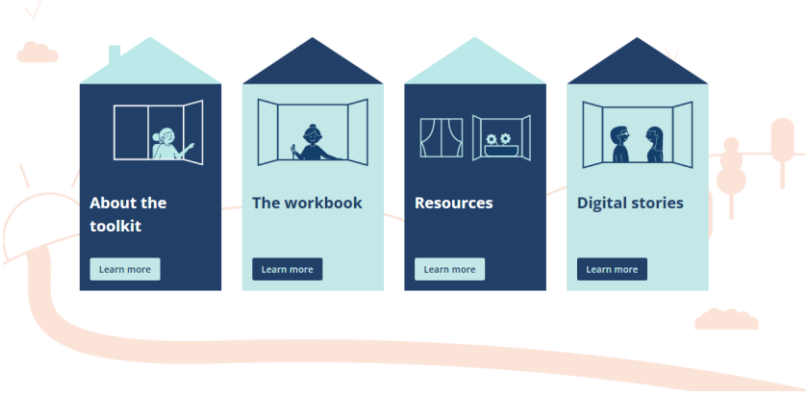
Showcase: The Toolkit in Action

- Website: www.myhousingoptions.org.au
  - guides
  - activities
  - stories
- Step-by-step exploration of housing options
- Practical and easy to use



Getting to know the toolkit video

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Voices of Experience

More than walls and doors

Your housing journey

Getting to know the toolkit

Your home, your voice

My Housing Options – Building Foundations Activity/Game

Building Foundations Activity

Purpose

This activity has been designed to assist people to think about their housing goals and choices by using pictures.

It looks at 7 areas of consideration when planning for housing.

Once completed, participants can take a photo of their completed activity.

The photograph may assist the person with their housing journey.

Materials

Building Foundations Board and the 41 Building Foundations cards

Instructions for set up

The cards are colour coded according to areas of consideration for peoples housing needs, preferences and choices.

- Location
- Housing
- People
- Design & layout
- Support
- Social and community
- Cost

Instructions for activity

1. Explain the purpose of the activity to the person.
2. Layout the cards on a table or floor or give the cards to the person.
3. Layout the A3 board.
4. There are some cards that ask questions and others that make a statement. Ask the participant the relevant questions or read the statements on the cards.

   e.g. In the **Location** cards there are statements: "I want to live in a city", "I want to live near my work." In the **Cost** cards there are questions like "How much can I afford to spend?" and "How much is the rent or mortgage?"
5. Ask the participant to select a card that is relevant to them. If the card asks a question that is relevant to the participant, place this on the board. This may prompt further conversation immediately or at a later time.
6. There should be at least 1 card from each category on the activity board.
7. Ask the participant to place each card on the board.
8. Encourage the participant to take a photo of the completed board using their smart phone or device. You could also take a photo if the person has no device and send it to them.
9. Some cards may require extra explanation or may generate more conversation. Refer to My Housing Options Guide for information to support these conversations.

For more information refer to
www.myhousingoptions.org.au

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Who is the Toolkit for?

Help people with intellectual disability think about their housing options including people who are:

- in hospital
- in prison
- in unsuitable housing
- wanting to work with their family to plan moving out

It also helps support workers have person-centred conversations with people

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Shaping the Future Together

“When people are listened to, they come alive.” – QDN Peer Leader

Let’s keep learning from the past and shaping a future where everyone has a home, a voice, and a place in the community.

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Thank you

- Visit: www.myhousingoptions.org.au
- QDN: www.qdn.org.au
- Ph: 1300 363 783

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