

# HEP

# HOME EXPERIENCE PROGRAM

## TAKE THE NEXT STEPS TO INDEPENDENT LIVING

### ABOUT THE PROGRAM

The Interchange Outer East (IOE) Home Experience Program (HEP) supports participants ready for greater independence in their lives to live in a share house for a six month period. In this program, you will have the opportunity to experience six months of independent living in a rental home alongside two other housemates.

The house will be staffed for six hours on weekdays and for periods over the weekends to ensure you and your housemates are safely developing the skills required to support this six month transition into moving permanently out of the family home. However, there will be no staff sleeping over at night. A lead tenant lives on site and will be around overnight to assist in any emergency situations. The HEP model allows the freedom of living away from home but still having enough support to build on skills and capacities.

During the day you may chose to go to day programs, work or volunteer, or simply stay home. This will be a decision for you and your family.

### PROGRAM OUTCOMES

- A clear plan for further development and supports that may be required to achieve housing and lifestyle goals for each participant. Identifying gaps in skills to be addressed in order to enable greater independence
- Individuals and families will feel supported and empowered to make more informed decisions around future independent living options post HEP.
- Ensuring greater choice and control in all aspects of independent living options for the participant.
- Increased confidence, functional capacity, independence and understanding around the expectations and responsibilities that come with successfully living out of home.
- Increased responsibility and involvement in all areas of maintaining a positive home life such as; budgeting, chores, time management, self care, relationships, organisational and interpersonal skills.



#### NOTES:

The house will be unstaffed for periods of time during the day and evenings.

As this will be your home for six months, compatibility, group dynamics and suitability for the program will be carefully considered prior to acceptance into this program.

This program will accommodate three participants for each six month block.

 **INTERCHANGE**  
OUTER EAST

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## NDIS AND OUT OF POCKET COSTS

Please refer to HEP costings document.

## PROGRAM ELIGIBILITY

- Housemates must be 18 years or over.
- You have NDIS goals around independent living skills and have the appropriate funding in your plan.
- You and your family are ready for you to become more independent in your day-to-day life.
- You are independent in all areas of personal care.
- You can self-administer medication.
- You can stay on your own safely at home for several hours should this situation arise.

## WHAT IS IT LIKE TO LIVE IN THE HEP HOUSE?

You will come and go as you need to for work/volunteering/day programs/activities and return to your HEP home every day. You will plan, shop, cook and clean for yourselves each week and you will be able to socialise as you like as long as your housemates are ok with it: inviting friends and family around, going out for dinner or the movies – just like you would at home.

Living in your HEP home all week requires a little bit of organising and planning to make sure you have clean clothes to wear, food to eat and a clean-living space. Your IOE support workers will be available to guide you and help you remember what you need to do.

Things that you may not have thought about, like paying for electricity, internet, rent and other bills will now become a shared responsibility with your housemates. As will buying household necessities like paper towel and dishwashing liquid. Keeping the house clean will be totally up to you and your housemates now. The house will be subject to regular rental inspections, so it will need to be well maintained.

Although there is some work involved in having your own place this is a very exciting time. You might be feeling a little bit nervous about it too and that is understandable. All change can be a bit daunting.

At first you may not understand how to manage everything, but no one expects that you will. Your HEP support workers will be there for a few hours every day to help you work things out.

Our biggest thrill is to see your confidence soar. We are here to help you thrive and excel in taking care of yourself as independently as possible so remember to always ask for help if you need and always ask questions if you're unsure of anything.

Above all, we hope you have fun!

## WHAT DO I NEED TO BRING WITH ME?

This is the exciting part, setting up your home! You will be actively involved in making decisions about furniture, appliances ... even tea towels!

You will need to furnish your own bedroom (bed, TV, dresser, chair, etc.) but the furniture for the rest of the house will be provided (main TV, lounge, dining table, fridge, washing machine, etc.). You will have your own room that no one else will be using, with a wardrobe plus drawer space so there will be enough space for all the clothes you really need.

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## HOUSEHOLD SHOPPING

All residents will be responsible for their own food and toiletries but will share responsibility for items such as paper towel, tissues, cleaning products, glad wraps, foils and some basic necessities. That will be determined as we go and will possibly be managed as a *kitty* arrangement.

## MOVING IN

When the time comes for you to move in you may be involved in making purchases for the house/bedroom with your support worker. That's all part of the excitement of setting up your own home!

When all your paperwork is complete and you are good to go, you will be allocated a 'move-in' day. Your family and friends can assist setting up your furniture and making your bedroom just as you would like it. You may want to start with one, two or three nights the first week or two, or daytime only, just to settle in. That can be decided closer to moving day, but we hope you are sleeping over every night as soon as you feel comfortable.

## WHO WILL BE SUPPORTING ME?

Your IOE HEP staff will be onsite for six hours on weekdays. Initially support will also be provided on Saturdays and Sundays during the day to manage the weekly chores and assist with anything else you may need. If you find you don't need the weekend help, we will reschedule the staff.

If you need to organise 1:1 support outside of those times of course you may. The HEP support workers may be able to work extra shifts if asked. Please note, support staff who work privately with you but are also employed by IOE, are unable to provide 1:1 support in the house.

In addition to the HEP support workers, a lead tenant will be residing on the property in a separate capacity. The lead tenant will be working/studying/socialising off-site most weekdays and will return home every evening. They are contracted to be on-site seven days a week, from 10pm until 7am. If they are unable to be there a replacement will be called in or families notified of their absence.

The lead tenant is the go-to person for residents in the case of urgent issues or emergencies overnight.

## Find out more or request costings:

Contact Linda Hull on 9758 5522  
or [linda.hull@ioe.org.au](mailto:linda.hull@ioe.org.au)

