



Autistic adults experience the world differently than the general population and therefore housing needs to consider more than bricks and mortar.

A person-centered approach to housing means that individuals have the support and tools to think about, understand, and plan for housing that suits their unique personality, needs and circumstances.

Person Centered Approach to Community Housing



Individual Considerations

- ➔ Am I making or being supported to make choices and manage my own life?
- ➔ What are my physical, emotional, social and safety needs?
- ➔ What are my sensory needs?
- ➔ What are my strengths and skills?
- ➔ What are “must-haves” and what are “prefer to have”?
- ➔ What income do I have for housing and how stable is it?
- ➔ What are my support needs; what is currently in place (natural and paid); what are the sources of funding (and flexibility of) for supports?
- ➔ Who are the people and organizations that can support me in this journey?
- ➔ Can technology support my independence?

Housing and Community Considerations

- ➔ What housing characteristics would make a location suitable? (i.e. sensory, safety, transportation, amenities, pets, common space).
- ➔ What is the mix of tenants in the building?
- ➔ What community resources offer support and social connection?

A connected network of individuals, families, housing builders, housing providers, support providers, the broader community, and policy makers all need to work together to influence, impact, and improve housing successes for autistic adults.

Sinneave’s success working with individuals, housing and support providers, as well as over 200 stories from Autistic adults, families, care providers, and service agencies collected by the **Housing Through an Autism Lens Solutions Lab**, informed the elements of inclusive housing.

