

about us

- What is Community Living
- Hear My Story
- About Citizenship
- What's New
- Events Calendar
- Inclusive Communities
- Community Living Leaders
- Volunteer
- Donate
 - Online Donation
 - Recycling Matters
- Careers
- Newsroom
 - What is an Intellectual Disability
 - Media Releases/Archive
 - Facts & Issues
 - Backgrounder
 - About Our Name
 - Brand Standards Guide
- Annual Report
- Awards
- Survey
- Governance
 - By-Laws
 - Committees and Groups
 - Board of Directors
 - Interested in Membership
- Merchandise
- Contact Us
 - Staff Directory

[Home](#) » [Community Living Leaders](#)

Housing program provides people with tools for successful independent living

Program graduates gain valuable life skills

Monday, August 11, 2008 -- Deron Hamel

Angela Hanes says the two months she spent in a housing transition program have helped her gain the tools she needs for effective independent living. Armed with a fresh set of skills, Hanes is now living with a roommate in a two-bedroom Ottawa apartment.

Of note, Hanes says the program, which is run by charitable organization LiveWorkPlay, helped her improve in two areas we all struggle with when we move out for the first time — cooking and budgeting.

The program is run out of a granny suite, a two-bedroom basement apartment in the home of LiveWorkPlay founders Keenan Wellar and his wife Julie Kingstone.

The couple rents out the suite to two people at a time, with the aim of helping individuals make a smooth transition to independent living. During the two-month stay, people living in the granny suite will be provided with guidance, but are expected to make their own decisions with respect to transportation, cooking and budgeting.

Hanes, 28, says the program gave her experience to help her live with others.

Hanes, who lived in the suite from January until March, credits Wellar and Kingstone for providing her with help she needed to improve herself in these areas, and for assisting her on the path to independent living.

Although she says she still faces some challenges when it comes to budgeting, it's something she continues to work on with the help of a support worker from LiveWorkPlay.

Nevertheless, Hanes offers some tips to people living on their own for the first time when it comes to budgeting.

"My advice is don't spend too much — set yourself a budget and just don't go over it," she says.

Wellar says the program — which he emphasizes is about support, not dependence — has been a success since it was launched in 2007. To date, six people have gone through the program, with four now living independently.

"We won't drive you somewhere, but we'll help you learn the bus route. We won't cook for you, but we'll help you learn a recipe," he explains. "You can't really know what people can do until they have a chance. We're all like that."

LiveWorkPlay is an Ottawa-based charitable organization dedicated to enhancing self-advocacy and encouraging contributing citizenship.

For more information on LiveWorkPlay, visit the organization's website at www.liveworkplay.ca.

If you have a story you would like to share about independent living, please contact the newsroom at 800-294-0051 ext. 23, or e-mail [deron\(at\)axiomnews.ca](mailto:deron(at)axiomnews.ca).

If you have feedback on this story, please call the newsroom at 800-294-0051 or e-mail [deron\(at\)axiomnews.ca](mailto:deron(at)axiomnews.ca).

*This article may be reproduced without seeking further permission if used in proper context and with the following credit line:
"Reprinted from Community Living Leaders, an online news service of Community Living Ontario.
www.communitylivingontario.ca."*

[e-mail this page to a friend](#) [print this page](#)