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## Brothers make successful transition to independent living

*Ian and Warren Murphy say they enjoy the freedom of living on their own*

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Working with their parents and support workers, Ian and Warren Murphy have made a successful transition from living in their parents' house to moving into their own condo.

After a year of living on their own, Ian and Warren say they are enjoying life in the two-bedroom condo they share in Ottawa.

The 29-year-old brothers, who are identical twins, moved into the condo in June 2007 after deciding they wanted to move out on their own before they turned 30.

While Ian and Warren say they are enjoying the freedom of independent living, they acknowledge there have been challenges along the way.

"It's been great but sometimes it's been hard making meals, organizing the laundry and other things that need to be done in a home," says Ian.

Still, these challenges are ones that can be overcome. Ian and Warren can access support workers when they need help with odds and ends, and to make sure the men have everything they need at all times.

The brothers also receive support from their parents, who are available whenever they are needed.

"They have cellphones and we have cellphones, and my husband and I both leave our cellphones on all the time and they can call and if there are issues, then we can guide them through the issue," explains Elaine Murphy, Ian and Warren's mother.

When Ian and Warren first moved out they found transportation to be challenging. However, with the help of a system they worked out with their parents, the transportation issue is a thing of the past.

When the men needed to be somewhere, they would call their parents the night before and discuss where they had to go, the bus they needed to take and what time they had to be there.

"They've learned how to take the bus — they can go where they'd like to go, we don't have to remind them," says Elaine.

While there have been challenges, some aspects of independent living have been easy to adjust to, the men say.

“Waking up in the morning on my own, and going to work and being responsible for myself” have come naturally to Warren, he says.

The condo Ian and Warren live in is owned by LiveWorkPlay, a charitable organization dedicated to helping people who have a disability make the transition from living with their parents to living on their own. The brothers pay rent to LiveWorkPlay based on payments from the Ontario Disability Support Program (ODSP).

And what advice do the brothers have for other moving out for the first time?

“Don’t be afraid to ask questions and get help from your support network like your parents,” says Ian.

“Try it, you’ll like it,” says Warren.

More information on LiveWorkPlay can be found by visiting the organization’s website at <http://www.liveworkplay.ca>.

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