Are you an adult with an intellectual disability who wants to live more independently, by yourself or with others, and move into a place of your own one day? If so, why not become a “TIFSter”!

What is TIFS Toronto?
TIFS (Trying It on For Size) is a model of support, which helps you gain experience living independently. You participate in short-term stays in an apartment where you can learn and further develop your independent living, confidence and decision-making skills.

TIFS takes one full year to complete.

How will TIFS Toronto Help Me Live More Independently?
TIFS Toronto offers you a chance to work with a coach who will:

- Review the skills you need to live more independently
- Help you figure out what you’re good at and the things you need to improve on to live independently
- Create a one-year plan and schedule with you focusing on the areas you need to work on to be more independent within the next year

TIFS Toronto’s 12-month commitment involves:

- Making sure you have the time, money and support of those around you so you can stick with the program
- Leaving your home for a short period of time so you can experience living on your own or with a roommate in an apartment setting
- Being motivated to work on your goals
- Listening to feedback from your coach so you can learn how to do things better or differently

communitylivingtoronto.ca
TIFS Toronto Is A One Year Program
Broken Down In 4 Easy Steps!

Step 1  The First 3 months (0-3 months inclusive):
- 3 one-hour visits in the family home (the STEPS To Independence Guidebook, forms, review of program, identification of goals are all completed)
- 3 three-hour visits at an apartment setting (with a progress report developed together after each visit)
- 3 six-hour visits (with a progress report developed together after each visit)

Step 2  Months 4-7 inclusive:
- 6 stays for 3 days and 2 overnight stays in an apartment setting
- Access to overnight support staff
- Staff support available to work on goal areas up to 6 hours every day/evening (with a progress report developed together at the end of each stay)

Step 3  Months 8-11 inclusive:
- 3 stays for 5 days and 4 overnights
- Access to overnight support staff
- Staff support available to work on goal areas up to 6 hours every day/evening (with a progress report developed together at the end of each visit)

Step 4  Month 12:
- 2 three-hour wrap-up visits at the family home to review progress reports and recommendations

What Else Do I Need To Know?

Where is TIFS Toronto located?
- TIFS Toronto is located in the Danforth and Victoria Park neighbourhood, close to TTC and shops
- TIFS Toronto is a two-bedroom apartment located upstairs at 65 Sibley Avenue, a two-story building with a number of apartments supported by Community Living Toronto
- 24/7 staffing is available within the main part of the building

Who Do I Contact?
For information, contact Sunday Cvetanovic, scvetanovic@cltoronto.ca or 647.729.1652

How much does TIFS Toronto cost?
- Monthly fee is $750 per TIFSter for this 12-month program
- Monthly cost can be reduced to $450 if two TIFSters want to join the 12-month program together* [please note that we may not be offering this option]
- Price includes the TIFS Toronto support staff, basic necessities and household items required for the apartment to be ready for TIFSters

Payment details:
- First monthly payment must be made at the start of the program
- The next 11 payments are due on the 1st day of each month
- Post-dated cheques are accepted

Other costs:
- Transit fare or travelling money
- Groceries that will be needed once you have decided on the menu
- Preferred snacks or refreshments
- Additional spending money for community activities

Refund policy:
- A 30-day notice in writing is required if someone decides to exit the program early or take a break
- There is no refund of the monthly payments for late cancellations, missed stays or *when two TIFSters have entered the program together to share monthly costs
- No payment will result in program cancellation