

ABOUT TIFS

TIFS is an acronym for Trying It on For Size. TIFS has an innovative approach to helping people with intellectual disabilities gain more autonomy in their lives. TIFS person centered programming is uniquely designed for each participant. No two TIFS programs are exactly alike. Every participant brings their existing knowledge and experience to TIFS which informs their curriculum.

TIFS is a well rounded, yearlong, life skills program. TIFS participants receive 1:1 coaching that gives them the skills, knowledge and experience needed for independence. During the first three months of TIFS, participants receive 1:1 coaching to build foundational life skills for independence.

After three months, TIFS participants are invited to “try” living on their own, with overnight stays at our Regent Park apartment where they have access to support if needed. TIFS gradually increases the amount of time the participant is “living” on their own from 1-night up to 4-night long overnights. During their overnight stay the participant receives up to 6 hours of coaching each day.

The overnight experience builds confidence and teaches the participant- they can do things on their own! It allows the participant the opportunity to try new things in a safe and secure environment.

TIFS believes that to achieve full participation in the TIFS program, it cannot solely be about independent living life skills.

We develop goals in three key areas: Life Skills, Community, and Belonging . TIFS participants develop their own goals that increase their capacity to build networks within their communities and create their places of belonging.



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TIFS
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