

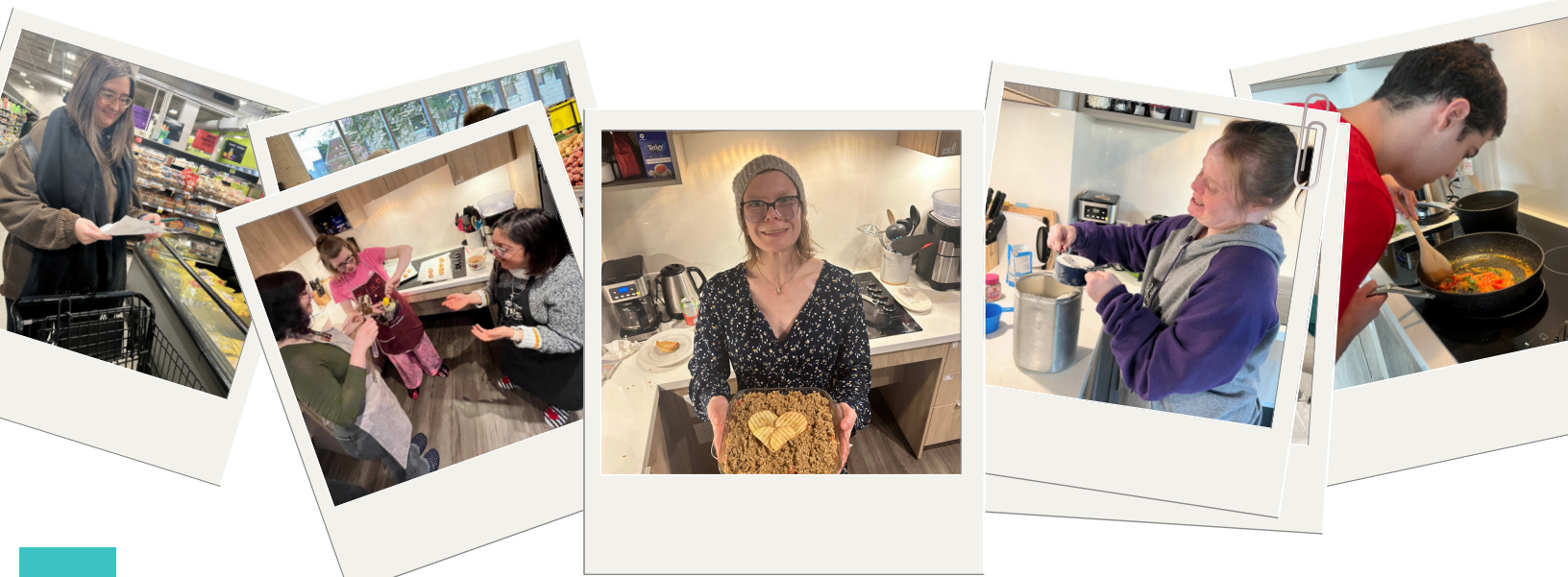
L'ARCHE TORONTO

# TIFS

TRYING IT ON FOR SIZE

A YEAR OF DISCOVERY

INFORMATION BOOKLET - 2025



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# 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**  
TRYING IT ON FOR SIZE

# The Program

## Months 1 - 3: Weekly Coaching

3 coaching sessions each month (once per week with one week "off")

Sessions are 3 hours in length with 1:1 coaching.

We use this time to get to know the person and build foundational skills.

- L'Arche Toronto TIFS Orientation
- Learn about your rights and consent
- Fill out Steps to Independence with the participant



## Months 4 and 5: Monthly Overnights Begin

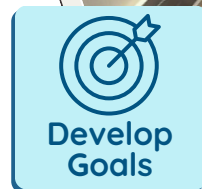
Weekly coaching sessions end.

Overnight stays begin - 1 night: up to 15 hours of 1:1 coaching over 2 days and 1 night.

	Day 1	Day 2
AM		
PM		

Participants arrive at 1pm and leave at 4pm the following day.

- *First Overnight:* Overnight support offered by staff who sleep in the other bedroom
- *Second Overnight:* Participants stay at the apartment independently/with a roommate and have access to a 24-hour emergency phone



# The Program

## Months 6 and 7 - Third and fourth overnight stay

2 nights: up to 20 hours of 1:1 coaching over a 2-night, 3-day stay.

Participants arrive at 1pm and leave 2 days later at 4pm.

Day 1 Day 2 Day 3

AM			
PM			

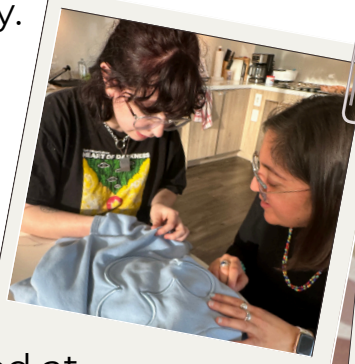
## Months 8-12 - Fifth to Ninth overnight stay

4 nights: up to 30 hours of 1:1 coaching over a 4-night, 5-day stay.

Participants arrive at 1pm and leave 4 days later at 4pm.

Day 1 Day 2 Day 3 Day 4 Day 5

AM					
PM					

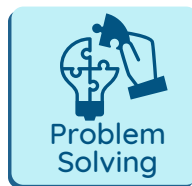


### After Month 12

- Share and show off what you learned at TIFS at our graduation celebration
- Receive your certificate of completion
- That month's Belonging Night is a celebration of your achievement!

Because the TIFS program is person centered, each participant's program curriculum looks different, especially in the latter months of the program. We base our lessons and experiences on the goals of each person. We are constantly evolving and creating new materials customized to our participants.

Topics covered during overnights:



- Teaching Strategies:**
- Role Play
  - Video Modeling
  - Backward & Forward Chaining
  - Errorless Teaching
  - Experiential
  - Stories and games
  - Creating Videos

# Belonging Nights

Once every month, L'Arche Toronto TIFS hosts a Belonging Night! This is where we invite all of our participants, both past and present, to attend a fun event for us to enjoy together!

It is important for us at TIFS to maintain a sense of community and belonging within TIFS even after graduation. Not only does it allow our participants to get to know each other and build relationships, it also allows them to share their own experiences of independence and support each other within TIFS and beyond. Participants learn as much from each other as they do from us (and teaching is the best way to learn!)



Life Long Friendships!



Building Community!



# Eligibility

TIFS Participant is:

- 18 years of age or older
- Able to stay in the apartment independently/with a roommate with access to 24-hour emergency support phone. (Staff are typically on site from 10am-6pm - up to 8pm when needed)
- Able to complete their personal care independently
- *Most importantly:* our participants must want to be in the program! Openness to try new things, take risks, and engage in the processes of learning skills to be more independent is key!

## What TIFS is not:

- We do not find people places to live
- We are not a respite service
- We are not a behavioural program - we do not implement Behaviour Support Plans
- We are not social workers - can not support major mental health, crisis, or addictions



## Cost:

### Program:

\$800/Month (or \$9600 for the year)

L'Arche Toronto TIFS is a Fee-for-Service program that is an eligible expense for Passport Funding.

### Overnight:

Participants contribute \$20 towards groceries in months 6 & 7, and \$50 in months 8 to 12 (approx. \$10/day). L'Arche Toronto subsidizes the rest. (this is where we practice grocery shopping on a budget!)

### Belonging Night:

If there is a cost for the event, the participant is responsible for that cost.



# FAQ



## **I have regular work/school/programs during the week, can I still participate in TIFS Overnights?**

If your work/school/program is close enough for you to get there from TIFS, you can still go! You will just leave from TIFS in the morning, and return to TIFS after as if it was your own home. If your work/school/program is far away, or interferes with too much important coaching time, we may ask you skip it during the week you are at TIFS that month. We will work together to find a balance that works!

## **Is the apartment safe?**

TIFS is located in a secure apartment building with smart-door lock systems, a buzzer system, comprehensive camera coverage throughout the building, and a concierge/security desk that is staffed most hours of the day. We always ensure our participants practice how to be safe and know what to do in case of an emergency/if they need support after hours.

## **Where is TIFS Located? Is it wheelchair accessible?**

TIFS is located in an accessible apartment in Regent Park. Though the apartment is wheelchair accessible, we are not currently equipped with the appropriate beds and lifts required for transfers.

# To Apply:

Send an email to Alyssa Denyer - TIFS Program Leader



[alyssa@larchetoronto.org](mailto:alyssa@larchetoronto.org)

The application/admission process is as follows:

1. Arrange a time to come visit the program. Meet the team and some current participants, get a tour of the apartment, ask questions and learn more!
2. Fill out two application forms: one for the potential participant and one for the family/guardian in collaboration with the participant.
3. Final virtual meeting to ensure good fit for the program & discuss goals
4. Link sent to register on My Community Hub.



**Alyssa Denyer**

TIFS Program Leader



**Dana Klein**

TIFS Instructor