

## What is Independent Living?

**Independent Living** is a program for youth ages 16-18 who are absent from their family home or at risk of leaving their home. Independent Living Workers assist youth in exploring all their options, including returning home if possible or looking at how they will support themselves.



## What Does It Look Like to Live on Your Own?

**Independent Living** means more than paying your own bills. You must meet your basic needs, including cooking, cleaning, health and dental care, managing money, getting to school or work, and shopping for groceries and clothing.

## Steps to Independent Living

**Referral:** Call and ask to speak to an Independent Living Worker. Social workers, parents, and schools can refer youth, or youth can self refer.

**Intake Appointment:** Meet with an Independent Living Worker to explore all your options and create a safety plan, if needed.

**Exploring Funding Options:** Discuss potential financial support with the Independent Living Worker.

**Legal Guardian Involvement:** The Independent Living Worker will request your permission to speak to your legal guardians to explore all the options for you.

**Service Plan:** Work with the Independent Living Worker to create a plan for safe, independent living.

## The Independent Living Worker Can Help You . . .

- Locate safe, affordable housing. This may be a room and board situation, Barnett House transitional youth housing, or other rental options.
- Explore options for financial support (employment, parental support, Income Assistance, Ministry of Children and Family Development funding, or living with a relative).
- Search for work.
- Get to appointments.
- Meet health needs.
- Find information and get referrals.
- Problem solve in a crisis.
- Connect with community resources.
- Develop a school plan.
- Improve relationships.
- Learn life skills.

## Program Outcomes

Possible outcomes include:

- Finding a safe, affordable place to live.
- Having enough money to support yourself.
- Finding and keeping a job.
- Building a healthy support network.

## Independent Living Program



Are you between the ages of 16-18 and couch surfing? Homeless? At risk of becoming homeless?



Explore all your options. Call an Independent Living Worker at The John Howard Society of North Island:

**250-286-0611**

## Mission Statement

The John Howard Society of North Island is a charitable organization whose mission is to promote and foster safer and healthier communities by providing appropriate programs of rehabilitation, education, prevention and healing for those who need an opportunity to achieve, maintain or regain a balance within their communities.

201-140A 10th Ave.  
Campbell River, BC, V9W 4E3  
Tel: 250-286-0611  
Fax: 250-286-3650  
E-mail: [mail@jhsni.bc.ca](mailto:mail@jhsni.bc.ca)

**[www.jhsni.bc.ca](http://www.jhsni.bc.ca)**



## Independent Living Program

**Building Safer and Healthier Communities**

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