

Moving Home



Home is where we belong. Home is where we feel, and are, safe. Home is where we express our identity and can be ourselves.

We can choose who we live with and who we spend time with and importantly, have choice and control over how we live our life.



This booklet can be used when considering any type of move into a new home or living arrangement.

My Moving Timeline



2 Months Away

Print out my checklists! (who to tell, what do I need etc)

Declutter my things – charity or garage sale

Meeting with my supporters



6 Weeks Away

Get moving boxes, tape, packing supplies

Create a folder for easy access to checklists and important documents

Set up a calendar to track significant dates

Make travel plans (if far away)

Moving truck company: quotes and bookings



4 Weeks Away

Pack up the things I do not use often

Book property cleaning services, carpet clean, repairs

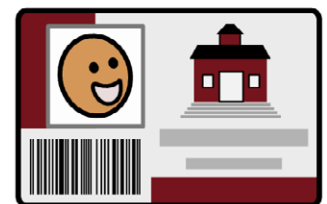
Plan/request time off from work or school for my moving days

Store important items and documents into a small secure box/bag for easy access:

Medication and prescriptions

ID cards: Medicare, driver's license, debit/bank card

Expenses/document folder/contact list

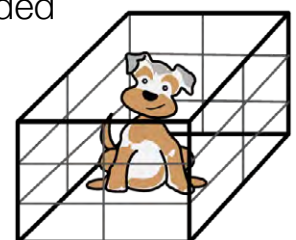


2 Weeks Away

Meet with my supporters and prioritise and review my checklists

Organise somewhere/one to stay with during transition if needed

Organise pets: pet food, pet sitting, transport



3 Days Away

Get my keys and/or access codes for new residence

Pack final items and confirm with moving truck company

Final clean or repairs for new and old residence

Defrost freezer, fridge

Confirm utilities providers for connection and disconnection

Confirm moving truck company



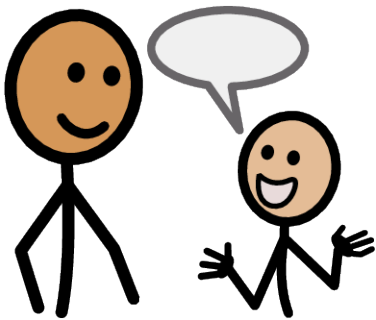
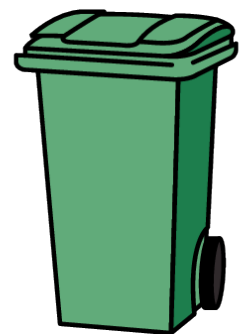
Moving Day

Walk through and check all cupboard and drawers

Turn off lights, close windows/curtains, empty trash, lock up securely

Hand house keys back to agent/owner

Organise a neighbour to put bins out on collection day



Things to Consider Before Moving



Am I ready to move out?

Do I need additional support for decision making?



Do I need help with tenancy issues / leases?

Do I have a budget or financial plan? Will I need a plan review?



Will I need help to decide who to live with?

Do I need support to live alone and what would this look like?

What skills will I need to learn before I move?

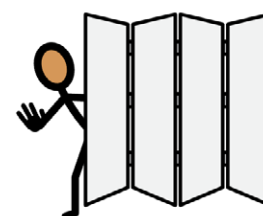


Have I got enough support networks to help me move?

Do I need to engage paid supports to help me move?

Do I want to trial different living options?

Do I need more space and privacy?



Do I need a spare room for guests or supporters?

Who Do I Tell?



Parents/caregivers

Siblings, cousins extended family

Friends and support networks



Utilities Providers

Gas

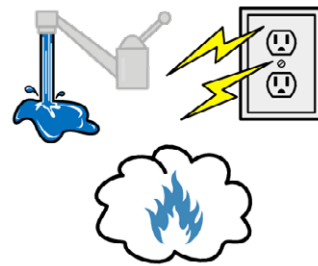
Phone

Electricity

Local Council

Internet

Water Authority



Medical

GP Doctor/Medical Specialists/Clinics

Dentist

Therapy services: OT/ Physio/Counsellor

Pharmacist

Health fund provider



Services

Post office – redirect mail

Bank

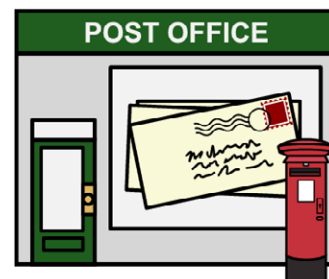
Dot Direct (licencing etc)

NDIA

Support Coordinator

Service Provider

School or work



Who and Where



WAI Exploring Home:

<https://individualisedliving.com.au/resource/wais-ways-people-live-er-fact-sheet-1>

Where Do I Want to Live?

Somewhere else

Close to my family and friends

Nearer to work, school or university

Near public transport

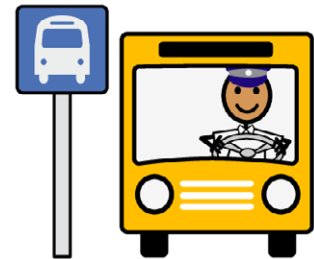
Close to medical services or therapy

Near my current formal supports or NDIS providers

Close to community facilities and activities / interests

Near the beach, river or in the hills

A house or home that can be modified for accessibility



Consider

Size of city / town

Safety / crime rates and statistics

Cost of living / affordability

Employment options

Weather / climate

Real estate value

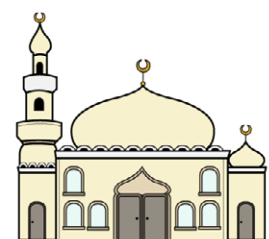
Spiritual or cultural connections

Entertainment / lifestyle factors

Infrastructure – schools, hospitals, transport, shops

Commuting time

Proximity to services



What Type of Property?

Rental property

Purchasing a property

SDA options (Specialist Disability Accommodation)

ILO option (Individualised Living Options)



Who Do I want to Live With?

By myself

With housemates or co-residents

With my partner and/or children

A Host Family

A pet-friendly home

With friends or family



What type of home do I want to live in?

Apartment

Free standing house

Villa

Student dormitory

Caravan park

Share house

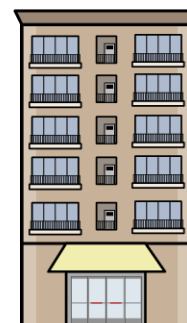
Farmhouse or rural property

Townhouse or city living

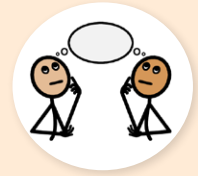
Government or Community Housing

Emergency/crisis accommodation

Opening Doors scheme/shared equity property



What Do I Need?



Bedroom

Bed

Bedhead

Bed base

Sheets

Pillows

Pillowcases

Doona or quilt

Quilt cover

Blinds or curtains

Clothes hangers

Clothes

Shoes

Wardrobe

Chest of drawers

Dressing table

Alarm clock

Power chargers

Bed side lamp

Pictures for wall

Pictures of family, friends/pets

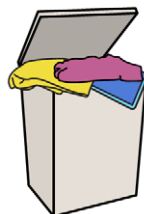
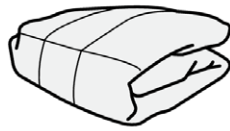
Full-length mirror

Laundry hamper

Small bin

Tissues

Jewellery holder



Bathroom

Shower curtain

Nonslip shower mat

Towels

Beach towels

Face washers

Hand towels

Bathroom mat

Toilet paper

Toilet brush

Soap, shampoo

Shaving equipment

Shower chair

Bathroom scale

Toothbrush

Toothbrush holder

Toilet cleaner

Small garbage can

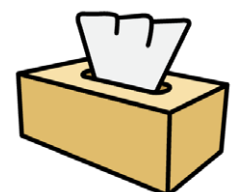
Hand towel

Handwash

Scales

Tissues

Air freshener spray



Kitchen

Fridge

Microwave

Kettle

Toaster

Glasses

Wine glasses

Saucepans

Food scale

Kitchen utensils

Measuring jugs

Slow cooker

Blender

Water jugs

Knives

Cooking bowls

Casserole dishes

Cling wrap, foil

Cutlery: forks, knives, spoons

Food containers

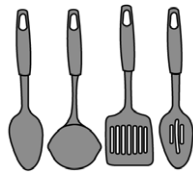
Platters

Grater

Food processor

Dish towels

Dish soap



Laundry

Washing machine

Dryer

Clothes stand

Broom

Mop and brush

Laundry detergent

Pegs

Peg bucket

Fabric softener

Buckets

Clothes basket/s

Vacuum cleaner

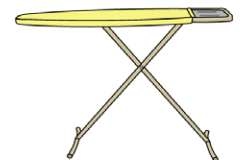
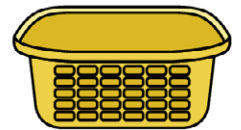
Laundry stand

Iron

Ironing board

Bleach

Cleaning products



Living Room

Lounge

Lounge chair

Sofa bed

Coffee table

Television

TV cabinet

Video games

Bean bags

Pillows

Personal decorations

Photos

Wall art

Throw rugs/blankets

TV remote

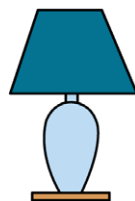
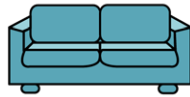
Rug

Lamps

Stereo system

Books

Bookcase



Dining Room

Table

Chairs

Tablecloths

Place mats

Salt/pepper shakers

Table runner

Pictures

Vases

Artwork

Photos

Dog bed

Cat bed



Entrance

Pot plant

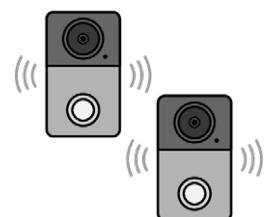
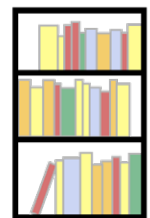
Welcome mat

Ramp

Shoe rack

Umbrella stand

Doorbell



Home Office

Computer

Laptop

Tablet

Desk

Desk chair

Laptop

Mouse

Printer

Printer ink

Scanner

Stationery

Paper clips

Whiteboard

Whiteboard markers

Filing cabinet

Files

Desk tray

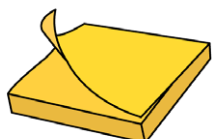
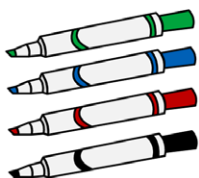
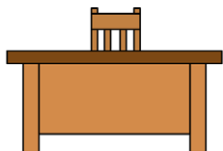
Desk organiser

Power cords

Post it notes

Chargers

Cables



Cleaning Products

Jiff

Bleach

Baking soda

Vinegar

Glass cleaner

All-purpose cleaner

Bathroom cleaner

Sponges, cloths



Safety

Fire extinguisher

Fire alarm

Personal alarm

Smoke detector



Budgeting

BUDGET	
	\$1,200
Rent	- \$500
Utilities	- \$200
Gas	- \$150
Extra \$	- \$150
	\$400

Things to consider

Do I have enough money to move into my home?

How much bond or rent in advance is required?

How much deposit is needed if purchasing?

Do I have enough money for the ongoing costs?

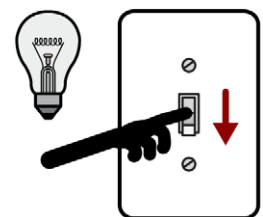
Do I need help preparing a budget?

Who can help me prepare my budget?



Tips to help manage money

- Pay off larger bills in small instalments
- Track my spending
- Look for ways to reduce my spending
- Set goals around gifts, holidays, entertainment
- Set up direct debit for regular bill payments
- Have an emergency fund if possible
- Get some financial advice or support for debt management
- Limit use of credit card
- Find the cheapest fuel – check Fuel Watch App
- Look for free, low cost activities in your area
- Switch off appliances when not in use
- Look for specials in the supermarket
- Check what Centrelink benefits are available
- Check around for better prices on utilities, mobile phone or health care plans
- Use a savings or budgeting app



Budget Template

INCOME	AMOUNT
Wages after tax	
Centrelink income	
Other income	

COSTS TO MOVE	AMOUNT	MY PORTION
Removalist fee		
Transport hire (vehicle) – truck/ute/trailer		
Fuel		
Boxes, packing tape and bubble wrap		
Cleaning of previous home		
Mail redirection		

ONCE OFF COSTS	AMOUNT	MY PORTION
Bond or deposit		
Connection fees for utilities		
Appliances		
Furniture		

ONGOING COSTS	AMOUNT	MY PORTION
Rent or mortgage		
Rates and/or strata fees		
Electricity		
Water		
Gas		
Internet/phone		
Groceries		
Cleaning products		
Medical (Doctor or dentist visits, medicines, glasses and other medical costs)		
Public transport		
Vehicle costs		
Insurance (Home and contents insurance, health insurance, car insurance, and any other type of insurance)		
Subscriptions (Netflix, Stan)		
Debt (Credit cards/loans)		

ONGOING COSTS	AMOUNT	MY PORTION
Entertainment (Movie tickets, takeaway food and drinks, coffee, alcohol, cafes and restaurants)		
Memberships (Gym, Sporting fees)		
Personal (Toiletries/clothing /hairdresser/ gifts)		
Children (Childcare fees, uniforms, school shoes, textbooks, excursions and other school costs)		
Pet care (vet, food)		
Renovations/maintenance		
Goals/Dreams (holiday, studying, buying a car)		
Emergency fund		
Savings		
Garden maintenance		
Other		

Safety in my New Home



Home Security

What do I need?

Window locks

Security screen door

First aid kit

Fire alarm and smoke detector in working order

Fire extinguisher in the property

Video doorbell

Motion sensors or security lights

Extra front door key

Lock box for my spare keys

Pin coded or thumb print entry

Security cameras

Monitoring/falls sensor

Well-lit home entry and parking area

Torch for electricity blackouts or for accessing outdoors at night

Assistive technology such as special lighting or home automation

Shrubs or trees removed for my personal safety or access

Is Neighbourhood Watch active in your street?

Ease of access to parking and entries/exits

Safe to storage for jewellery, cash or valuables

Safe storage for medication

Safe storage for hazardous cleaning products

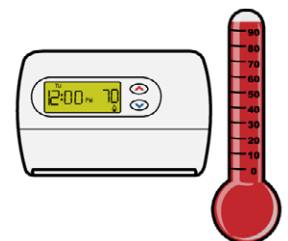
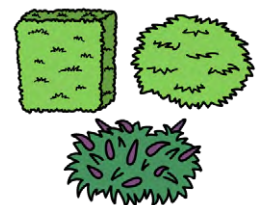
Safety fencing around any pool or water feature

Hot water or thermostat control installed

Servicing for air conditioning or gas heating

Mould and structural issues check

Electrical faults check



Evacuation Procedures

Do I have?

Housefire fire evacuation plan

Bushfire evacuation plan

Storm, weather, and flood plan

Cyclone plan

Personal emergency plan

Neighbours that could help in an emergency.

Someone to call for assistance in an emergency



Think about:

What to take in an emergency – meds, special items, documents etc

Food safety – make sure cooking is not left unattended

Regularly check contents of fridge and pantry and throw out expired food

Change smoke alarms annually

Check electrical appliances for wear and tear

Arrange regular cleaning and/or carpet cleaning

Non-slip mats and grab rails if needed

Wi-Fi security and password safety

Mail security – lock on post-box or getting a parcel locker

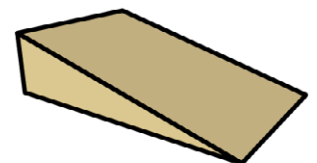
Security of garden and yard and parking areas

Identify trip/safety hazards and try to eliminate

Stairs, ramps and elevator access

Ensure lighting is adequate

Have privacy/blackout curtains or blinds installed where needed
(interior/exterior)



Settling In



Meet my new neighbours

Get to know my local community and services

Introduce myself at the local shops and cafes

Find my local gym/sports centre

Explore important services near my home

Check my bus/train routes for public transport

Access to spare keys ie lock box or trusted person

Complete new tenant checklist and note any faults

Invite supporters or new neighbours for a cuppa when settled

Check I have changed my address details with services and supports



Settling in with Others

Document how expenses will be shared for a household budget

Food and household requirements

Rent

General utilities

Repairs

Make a checklist on who is responsible for household tasks and how often

Plan for conflict and disagreement resolution

Discuss boundaries for visitors including noise and sleepovers



Links to Useful Resources

individualisedliving.com.au

waindividualisedservices.org.au/resources/planning

individualisedliving.com.au/wp-content/uploads/sites/3/2020/12/My-Life-Your-Life-Our-Life-Plain-Language-Version-Creating-Home.pdf

www.housing.wa.gov.au

www.ndis.gov.au/participants/home-and-living/individualised-living-options

www.ndis.gov.au/providers/housing-and-living-supports-and-services/specialist-disability-accommodation

www.summerfoundation.org.au/i-want-to-find-out-about-housing

nacbo.org.au

www.maggiedent.com/wp-content/uploads/MaggieDentLifeSkills.pdf

www.transperth.wa.gov.au

moneysmart.gov.au

www.comparethemarket.com.au

www.servicesaustralia.gov.au/how-to-budget?context=60271

mybushfireplan.wa.gov.au

www.emergency.wa.gov.au

askizzy.org.au

stjohnwa.com.au/first-aid-training/first-aid-courses

www.belongingmatters.org/tipsheets

neighbourseveryday.org



Government of **Western Australia**
Department of **Communities**

www.waindividualisedservices.org.au

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WA Department of Communities, Disability Services.