



**ISSUE:** Affordable housing, a place to live and to call your own is becoming more difficult and more expensive in Vancouver.

**THINGS TO CONSIDER:** Having affordable, stable housing is one of the main contributing factors in maintaining successful employment.

- Suitable and safe housing provides stability and gives you an anchor to focus on doing a good job in the workplace.
- Having your own sacred space serves as a refuge and is sometimes all that you need to get through a rough day.
- With safe housing, you are able to get the rest, warmth, and security you need. This creates positive feelings and confidence that you can bring to other areas of your life including employment.

**THINGS TO DO:** It will take time to find and secure permanent housing that is affordable in Vancouver, especially if you have just started working and building up your financial ability to pay for housing.

- The best thing to do is to fill out as many housing applications as possible in the area that you may want to live in, even if there is a waiting list. This way when housing does become available you may be next in line.
- Think about whether you would like to live alone or would consider living with a roommate in order to share rental costs.
- When considering a roommate, consider other factors in your life such as your addictions recovery process to ensure that the roommate you choose is good for your health and recovery.
- Determine which neighbourhood you would like to live in. Assess whether it is realistic, affordable, and close to transit to and from work.
- Determine whether the neighborhood is a place where you feel happy, safe, and comfortable.
- Identify what you can afford in terms of rent, and avoid housing that is more than you can realistically afford to pay on a monthly basis.
- Shared accommodation might be the only option you have for the time being in order to reduce your living expenses. Therefore, be sure to choose your roommate carefully so that they fit in with your daily needs.
- If you decide to share a place with a roommate, be sure to discuss responsibilities in advance. For example, which bills need to be paid and by when, including electricity, gas, phone/internet. Discussing and agreeing on these in advance can prevent future conflicts from arising. Do not overlook daily chores and who is going to do what chores. It is wise to assign chores and maybe rotate these responsibilities from time to time. Many conflicts with roommates arise from one person perceiving that they are doing more than the other.

## RESOURCES FOR AFFORDABLE HOUSING:

- BC Housing
- Coop Housing (Includes some extra responsibilities and requirements)
- Native Housing (these options may take a few years to get into)
- Filling out applications for all of these housing possibilities if a good plan for the future even if there is a waiting list.

**For more info on Potluck Recipes for Success:**

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Find Potluck Recipes for Community Success at [www.potluckcatering.com](http://www.potluckcatering.com)

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