

How to I qualify?

Our requirements include the following:

- Demonstrates a need for low income/supportive housing as a single adult (age 16+).
- Have a source of income or is pursuing a source of income that an applicant may qualify for such as Ontario Works, Employment Insurance, Senior's Pension, etc.
- Be drug/alcohol free for a minimum of 1 - 3 months prior to acceptance.
- Ability to reside in shared living accommodations (private bedroom, shared common spaces); participate in house meetings; abide by house rules; and to live drug/alcohol free in our homes.
- Have and be willing to use the life skills needed to live independently in minimum support, unsupervised, shared housing (including cooking, cleaning, hygiene needs, manage medications, etc.).
- Have community supports and has or is working towards 15 hours/week of activity outside the home that promotes wellbeing.



For further information please call Daybreak at 613-236-8070 x 221.



What is Daybreak?

Daybreak is a non-profit supportive housing provider. We offer affordable, minimum support housing with a caring environment for single low-income adults in central Ottawa.

What are Daybreak's homes like?

Daybreak has five homes with a total of 46 bedrooms. Men and women live in separate homes. Daybreak residents have private furnished bedrooms under lock and key. They live in a community environment of five to twelve residents, sharing common areas such as living rooms, kitchens, bathrooms and laundry rooms.

Is Daybreak a religious organization?

Daybreak welcomes individuals of all faiths or belief systems. We ask that our residents also be open and accepting of diversity.

Where are the houses located?

Our homes are in the neighbourhoods of Sandy Hill, Centretown, and Wellington West.

What is the cost of the rent?

Rent is geared to income.

Is there staff?

Yes, but no on-site supervision. Staff is available during office hours to assist residents with advice and support.

Do residents buy their own food?

Yes and No. Each resident pays an additional \$110 (women) or \$120 (men) above the rent for what we call House Budget. The House Budget is an important part of our housing as it ensures all residents are eating adequately and healthily. It covers the costs of food, common area phones and cable TV, and cleaning supplies. All Tenants cook for themselves.

What does Daybreak expect of the residents?

All residents are expected to be able to live independently and to:

- Keep their rooms and shared living areas clean and tidy by participating in a chore schedule.
- Attend house meetings as scheduled.
- Prepare nutritious meals for themselves.
- Set up professional community supports before moving in.
- Engage in 15 hours per week of activities outside the home.
- Manage their medications correctly.
- Residents are not permitted to have overnight guests.
- Maintain their sobriety from drugs and alcohol.

What can the residents expect from Daybreak staff?

Residents are welcome to call staff during office hours (8:30 a.m. - 4:30 p.m., Mon. – Fri.) if they need assistance.

Daybreak also offers an after-hours emergency line for our residents.

Daybreak staff is committed to assisting residents in:

- Finding alternative options of "wellness" support.
- Advocating for support needs (social assistance, etc.)
- Contacting support workers.
- Following up with referrals.
- Facilitating mediation in cases of tenant-to-tenant conflict.
- Maintaining a safe, comfortable home.

Staff does not provide individual therapeutic counselling.

Does Daybreak Provide Priority Access for Victims of Abuse?

Yes.

What is the Process to Apply to Live at Daybreak?

1. Fill out the Social Housing Registry Application Form. Applications may be obtained from the Registry office, www.housingregistry.ca, or from Daybreak.
2. Check off the Daybreak box in the Supportive Housing section along with any other providers you wish to apply to.
3. Submit your application to the Registry (by mail or in person).
4. After the application is received by The Registry, you will be placed on Daybreak's waiting list.
5. When planning for a vacancy, Daybreak will contact you to book an interview to review suitability to our homes.
6. After you meet with Daybreak staff, we will contact your references to confirm suitability to Daybreak housing. You will then be contacted and informed of the resulting decision.
7. Contact The Registry to note changes to your contact information, so we can continue to get in touch with you as needed in the application process.