

# TRYING IT ON FOR SIZE (TIFS) TORONTO



**Are you an adult with an intellectual disability who wants to live more independently, by yourself or with others and move into a place of your own one day? Trying It On For Size (TIFS) Toronto is for you!**

Trying It On For Size (TIFS) is broken down into 4 easy steps over 12-months that includes creation of goals, home visits, apartment stays and skill building.

You will learn skills needed to live more independently.

The cost includes support staff, basic necessities and house hold items. Don't worry we will work with you to manage your monthly budget.

Support staff will be there to assist you every step of the way!

## 1 What is TIFS Toronto?

A 12-month program where adults with intellectual disabilities practice independent living in a fully furnished apartment in Toronto's Danforth & Victoria Park area.

- Short-term apartment stays
- Build confidence and decision-making skills
- One-on-one coaching support

## 2 Why Join TIFS Toronto?

You will work with a support staff to:

- Identify strengths and areas for growth
- Make a personalized one-year plan
- Practice real-life skills in a supported setting

## 3 Where is TIFS Toronto located?

TIFS Toronto is located in the Danforth and Victoria Park Area at **65 Sibley Ave.**

- Near TTC and shops
- Fully equipped main floor apartment
- 24/7 staffing on site

## 4 Cost and payment?

There will be a monthly fee. One payment is due at the start of the program and then 11 monthly payments will follow. Charges can be paid by credit care or post dated cheques. Shared option may be available for two people.

Other costs may include: transit fare, groceries, snacks and extra spending money for outings.



Interested? Scan the QR code to learn more or visit [cpsandrespite.ca](https://cpsandrespite.ca)

## Core Focus Areas

**Life Skills** – practicing daily routines and decision making

**Community Engagement** – connecting with local resources and people

**Belonging** – building relationships and a sense of inclusion

People leave the program more empowered, independent, and ready to take the next step in their personal journey.

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## Contact Us!



**Location**  
65 Sibley Ave  
Toronto ON M4C 5E8



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647-729-2976



**Email**  
cps@cltoronto.ca



Scan the QR code to learn more and get connected!



## YOUR PATH TO INDEPENDANCE YOUR WAY

## Trying It On For Size (TIFS) Toronto

Empowering people with tools to thrive in everyday life.



## About Trying It On For Size (TIFS) Toronto

Trying It on For Size (TIFS) is a 12-month, person-centered life skills program for adults with intellectual disabilities. It offers short-term overnight stays in a fully furnished apartment where people can safely explore what independent living looks like.

With one-on-one support, people build confidence, set personal goals, and practice everyday skills like cooking, cleaning, taking transit, and managing money.

[www.cpsandrespite.ca/tifs](http://www.cpsandrespite.ca/tifs)

## What to Expect



### Goal Development

Participants set personalized goals that include building networks and engaging with their communities.



### Practical Experience

Through the program's structure, participants are encouraged to interact with their surroundings, navigate local resources and practice real-world skills in a community setting.



### Focus on Belonging

Involves connecting with others, participating in community activities and fostering relationships outside the program.



## Program Description

- **Purpose:** Help people with intellectual disabilities gain greater independence in their lives.
- **Individualized Approach:** Personalized program based on their unique experiences, knowledge and goals.
- **Support:** Participants of the program receive up to 6 hours of support per day during overnight stays.
- **Outcome:** Builds confidence, independence and a sense of belonging in a safe and supportive environment.

## Program Structure

- **Yearlong Program:** Comprehensive and well-rounded.
- **Initial Phase:** First three months focus on life skills through 1 on 1 support.
- **Overnight Experience:** After 3 months, overnight stays begin increasing from 1 to 4 nights.

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