

HOME > PROGRAMS AND SERVICES

Supported Living

A range of housing and support options that foster choice, independence, and neighbourhood connections. We help people make decisions about where they live, with whom, and how they want to spend their time — supporting full and meaningful lives in communities across Toronto.

800+

ADULTS SUPPORTED ACROSS ALL SUPPORTED LIVING PROGRAMS

348

PEOPLE IN GROUP LIVING

162

PEOPLE IN SUPPORTED INDEPENDENT LIVING

107

PEOPLE REACHED INDEPENDENT LIVING GOAL THROUGH LIGHTS

DSO ONTARIO PARTNER LOGO

How to access adult supported living programs: All government-funded adult (18+) Supported Living programs are accessed through Developmental Services Ontario (DSO). We recommend families contact DSO to begin the assessment process at age 16. Exceptions are noted on each program below.

HOW WE WORK

Person-Directed Planning

All of our Supported Living programs are guided by person-directed practices — an approach that respects each person's right to make decisions about their own life. Together with each person and their support network, we develop a plan reflecting their goals, strengths, and relationships. Plans are reviewed at least annually.

PROGRAM

Group Living

DSO REFERRAL

In our Group Living programs, adults with an intellectual disability live together in Toronto in a variety of settings — including apartments and detached homes in suburban and urban neighbourhoods.

CLTO provides varying levels of staffing support based on each person's needs, from a few hours a day to 24/7 support. Person-directed plans are the foundation of the care provided and are reviewed at least once annually.

Access to Group Living starts with contacting the DSO. We recommend that families begin the assessment process at age 16.

[Contact Us to Learn More](#) →

PHOTO — TWO OR THREE PEOPLE WITH AN INTELLECTUAL DISABILITY AT HOME TOGETHER — WARMTH AND COMMUNITY

PROGRAM

Supported Independent Living (SIL)

DSO REFERRAL

People live independently in their own apartments and cooperatives throughout the city — on their own, with partners, or with friends of their choice.

Community Living staff provide approximately six hours of support per week, helping people develop skills in self-care, household management, budgeting, and accessing community resources.

Access to Supported Independent Living starts with contacting the DSO. We recommend that families begin the assessment process at age 16.

[Contact Us to Learn More](#) →

PHOTO — PERSON IN THEIR OWN APARTMENT DOING EVERYDAY TASKS — CONVEYS INDEPENDENCE AND PRIDE IN THEIR OWN SPACE

PROGRAM

LifeShare

DSO REFERRAL

"A place in your heart, a place in your home." Adults are matched with a family or individual who provides room and board, support, and life skills training in their own home.

LifeShare creates lasting connections between people with an intellectual disability and host families — building real relationships and a genuine sense of home and belonging.

Access to LifeShare starts with contacting the DSO. We recommend that families begin the assessment process at age 16.

[Learn More About LifeShare](#) →

PHOTO — PERSON WITH INTELLECTUAL DISABILITY WITH A HOST FAMILY — WARM DOMESTIC SETTING, SENSE OF BELONGING

PROGRAM

Individualized Supports

DSO REFERRAL

CLTO offers a range of supported living options for individuals and families who have individualized funding and are looking for a customized option that best suits their needs and goals, while fostering growth and independence.

Unlike standard program formats, Individualized Supports are flexible and built around each person's unique situation — giving people and families real choice in how support is structured.

[Contact Us to Learn More](#) →

PROGRAM

STEP UP

VIA COTA / DSO

In collaboration with COTA Health, STEP UP provides supported living services to youth transitioning from the homeless shelter and child welfare systems to adult services.

Youth have the opportunity to participate in a full-time, live-in, skill-building program of up to three years — learning to live independently in a supported environment. Eligible persons are referred through COTA and come with individualized budgets.

[Contact Us to Learn More](#) →

PHOTO — YOUNG ADULT IN A HOME OR KITCHEN SETTING — SKILLS, CONFIDENCE, TRANSITION TO INDEPENDENCE

PROGRAM

LIGHTS

NO DSO FUNDING REQUIRED

LIGHTS supports like-minded families to network, develop, plan, and create a living arrangement outside the family home — while waiting for Ministry-funded supports. A unique partnership between families, CLTO, philanthropists, and government.

LIGHTS facilitators, grounded in person-directed approaches, guide the person and their family through creating a home — often with a roommate. Since 2012, many adults have successfully spread their wings for the first time.

You do not need DSO funding to access LIGHTS.

[Visit LIGHTS to Learn More](#) →

LIGHTS LOGO — EXTERNAL PARTNER LOGO

PHOTO — FAMILY AND PERSON WITH INTELLECTUAL DISABILITY — WARMTH, COMMUNITY, SHARED PLANNING

PROGRAM

Trying-It-On-For-Size (TIFS)

FEE-FOR-SERVICE - PASSPORT-ELIGIBLE

TIFS is a fee-for-service program that helps people with an intellectual disability develop skills and gain experience living independently. Participants complete a series of short-term stays in an apartment where they are supported to build independent living skills, confidence, and decision-making.

Participating in TIFS Toronto is a one-year commitment. TIFS is an eligible Passport expense, meaning Passport funding can be used to cover the cost of the program.

[Contact Us to Learn More](#) →

PHOTO — PERSON IN APARTMENT DOING AN INDEPENDENT LIVING TASK — COOKING, CLEANING, OR BUDGETING

PROGRAM

Specialized Resource Homes

VIA PLACING AGENCY (CHILDREN) - DSO REFERRAL (ADULTS)

CLTO has specialized resource homes for both adults and children who have a diagnosis of Autism Spectrum Disorder and present with unique and complex needs.

These homes provide a structured, supportive environment where individuals receive the intensive, tailored support they need to live as fully and safely as possible. Access for children is through the placing agency; access for adults starts with contacting the DSO.

[Contact Us to Learn More](#) →

Not Sure Which Program Is Right?

Our team is happy to help you find the best fit. Use our contact form and a staff member will follow up within 2 business days.

[Contact Us](#) →

LAND ACKNOWLEDGMENT

Community Living Toronto supports people with intellectual disabilities and their families to lead inclusive lives in their community. Community Living Toronto supports people with intellectual disabilities and their families to lead inclusive lives in their community.

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