



Schizophrenia[®]
& Psychosis
Action Alliance

We Need Housing! Now What?

Housing Toolkit at a Glance

The right home begins with knowing where you are, where you want to be, and who can help you get there. The Housing Toolkit provides step-by-step guidance.

HOUSING TOOLKIT AT A GLANCE

Housing Toolkit Structure

The housing toolkit is structured to allow you to easily access the information that's most important to you. Each section includes worksheets to help you reflect, plan, and take concrete next steps. You can figure out what type of housing supports your loved one's safety, recovery, and stability by considering their personal situation, what they can afford, and what is available in their state.

There are four main parts to the toolkit:



Introduction Using The Housing Toolkit

1 Understanding Your Loved One's Situation

Identify the personal considerations that will guide your housing plan

2 Assessing Housing In Your State

Obtain practical guidance to understand local housing options

3 Understanding Financial Considerations

Analyze how your financial resources shape your housing plan

4 Putting it All Together: Build Your Plan

Create an actionable roadmap to finding the best housing solution for your loved one.



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Housing Toolkit at a Glance

Part 1: Understanding Loved One’s Situation

Part 2: Assessing Housing In Your State

Part 3: Understanding Financial Considerations

Part 4: Putting It All Together: Build Your Plan

Part One

Understanding Your Loved One's Situation

Before making any housing decisions, it is essential to understand your loved one's current situation. Part One is a foundation for everything that follows in the toolkit — it helps you assess key personal and clinical factors, like age, daily living skills, symptoms, treatment needs, and home environment. Read [Assessing Your Loved Ones Situation](#) as a first step to determining your loved one's housing needs.

Since schizophrenia and psychosis-related disorders often emerge during college years, we have provided a supplemental overview of college housing options: College Related Housing.

Using Worksheets for Part One

Housing decisions can feel overwhelming at times. The five worksheets guide you to finding and selecting the right housing options for your loved one based on five assessments

- 1. Stability Assessment:** This worksheet helps you assess your loved one's symptom management, impact on family life, willingness to seek or accept help, and the capacity to be treated.
- 2. Environment Needs Assessment** This worksheet guides you in evaluating access to surrounding supports your loved one may need, such as support services (e.g. treatment, medication, therapy), safety needs (e.g. consistent services, routines), transportation options, social support, hobbies, personal goals and preferences, and nearby features.
- 3. Activities of Daily Living (ADLs) Assessment:** This worksheet helps you determine their daily ability to manage hygiene, meals, dressing, finances, and household tasks
- 4. Symptoms Severity Assessment** This worksheet will help you understand how symptoms may influence your loved one's housing requirements, through rating the frequency and intensity of positive, negative, cognitive, other symptoms, and co-occurring conditions.
- 5. Treatment Management:** This worksheet helps you evaluate how well your loved one can manage their treatment, like taking medications, attending appointments, understanding side-effects, and coordinating care.

Prioritizing Your Concerns for Part One

Begin by listing your main concerns in the table below to help you identify which sections of the “Understanding your Loved One’s Needs” toolkit are most relevant to your needs. Then rate how concerning it is (high, medium, no concern) and use your assessment as a guide on where to focus in Part One.

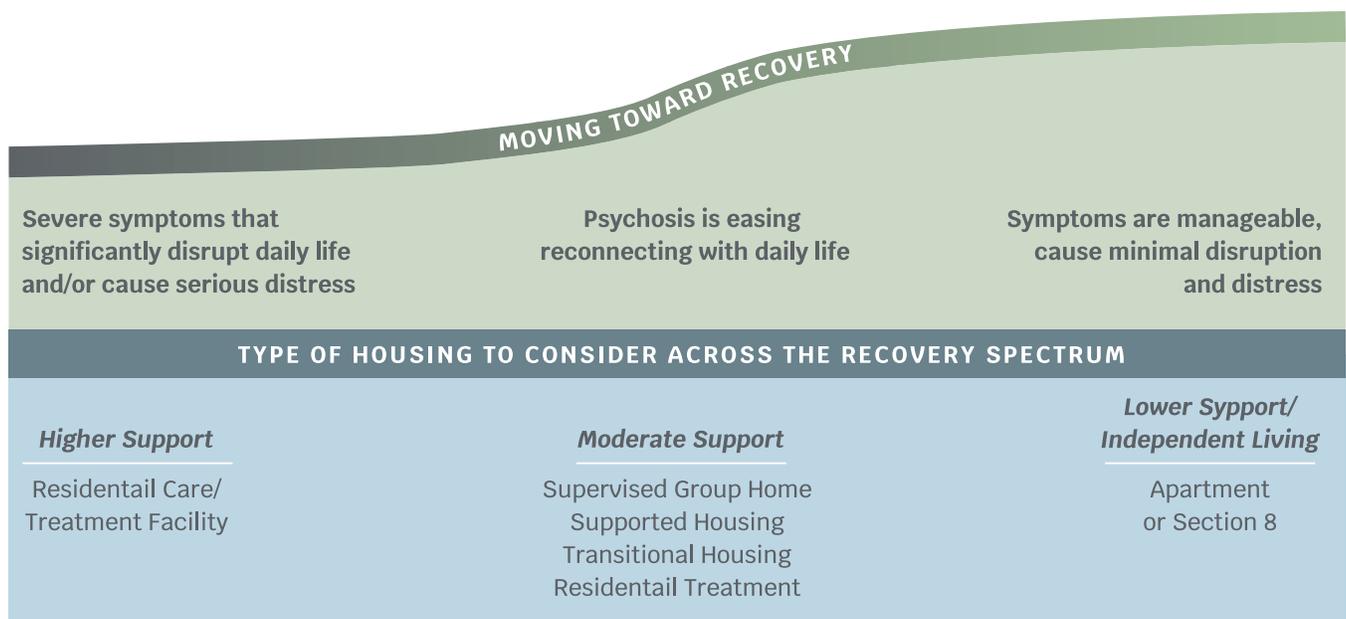
Worksheets	What are your top concerns?	High Concern	Medium Concern	No Concern
Stability Assessment		Round-the-clock care facilities with qualified staff and therapeutic options	More supported housing with some community integration	Living at home with additional medical supports in nearby community
Environment Needs		More integrated housing supports to learn basic life skills and personal goals	Facilities with optional structured training to address life skills, needs, and desires	Exploring add-on community features that meet various needs and preferences
Symptom Severity		Structured 24/7 environment with symptom-specific therapies, treatments, and interventions	Facilities with tailored medical supports as needed when symptoms are challenging	Community-based therapies, sessions, and/or medication management near living arrangement
Treatment Management		Medication and treatment are all overseen in the housing facility	Housing has supports that address and/or administer treatment and meds as needed	Housing environment providing flexibility to get medication/treatment with caregiver help
Activities of Daily Living (ADLs)		Facilities provide daily structure, programs, and routine care to fulfill everyday basic living needs	Freedom of movement in structured living environments balanced with added supports	Varying personal independence to manage daily living needs, receiving help if needed or requested.

Part Two

Assessing Housing in Your State

Part Two helps you explore available housing options, understand key terms, and make informed decisions: [Assessing Housing in Your State](#).

The graphic below helps you reflect on your loved one's recovery journey and identify the types of housing that might help the most. The toolkit's main content will provide more details about various housing types along the recovery spectrum.



Part Three

Understanding Financial Considerations

This document helps you understand what financial resources can be used, such as Supplemental Security Income (SSI), Social Security Disability Insurance (SSDI), Medicaid, Medicare, or housing vouchers. It also reviews the pros and cons of different housing options: Financial Considerations. The companion worksheet will help you map out your loved one's financial situation: [Finances for Housing Worksheet](#).

Finally, Put It All Together

Build Your Plan

Now that you've explored your loved one's needs, housing types, and financial factors, the [Build Your Housing Plan & Build Your Plan Worksheet](#) will help you pull it all together into a clear, personalized strategy. You'll evaluate local housing options, assess their suitability, schedule tours, and make informed decisions.



**Shattering barriers to treatment,
survival and recovery for people
with schizophrenia and other
psychosis spectrum disorders.**

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