

# Educational Resource – Revised March 2023

## Housing Adaptation Checklist

### **Why a Housing Adaptation Checklist?**

The Regina Region Local Immigration Partnership ([www.rrlip.ca](http://www.rrlip.ca)), in collaboration with its Canadian Housing Advisory Committee, Immigrant Advisory Table, Partnership Council and others, identified learning gaps and challenges centered around newcomer adaptation to Canadian housing. For the purposes of the RRLIP Project, newcomer is defined as any individual born outside of Canada and currently residing in Regina.

This checklist was developed to support the enhancement of newcomer knowledge and skills pertaining to Canadian housing. Other quality resources exist, however the content of this checklist reflects the locally identified needs and challenges experienced by newcomers in Regina. Although intended for staff and/or volunteers working with newcomer clients, other client groups may also benefit. This checklist resource can be accessed free of charge on the RRLIP project website ([www.rrlip.ca](http://www.rrlip.ca)) and is for educational purposes only. It is not intended for resale.

### **How to Use the Checklist?**

Staff and/or volunteers— the checklist contains plain-language descriptions with visuals. The visuals are present to reinforce the learning. When facilitating the information, speak clearly, repeat often and demonstrate the tasks whenever possible. If the client is not grasping the content on any given day, be sure to review, review, review! The checklist has been developed as a support tool for newcomers and is not meant to cause stress or anxiety. Keep the learning fun, while emphasizing key pieces of information (e.g. fire safety, dangers of unattended water, mould/mildew build-up, etc.).

**The RRLIP Project would like to thank the members of its Canadian Housing Advisory Committee for the many hours it dedicated to the creation of this resource.**

### **Photo Acknowledgements**

Most of the images were developed by RRLIP staff members, for use in this educational resource. The remainder were purchased from a stock photo site and/or sourced from the public domain. In the case of 'public domain' sourced photos, every effort was made to extract images from sources that stated clearly they were in the public domain. Should this not be the case, please claim your image by contacting the RRLIP Project at [info@rrlip.ca](mailto:info@rrlip.ca).

# Housing Adaptation Checklist

## Lesson #1: FIRE SAFETY IN THE HOME



Stress this message - NEVER leave the kitchen when cooking.



Emphasize that always cooking with a pan lid present is a good idea (if needed, you can slide the lid over a fire).

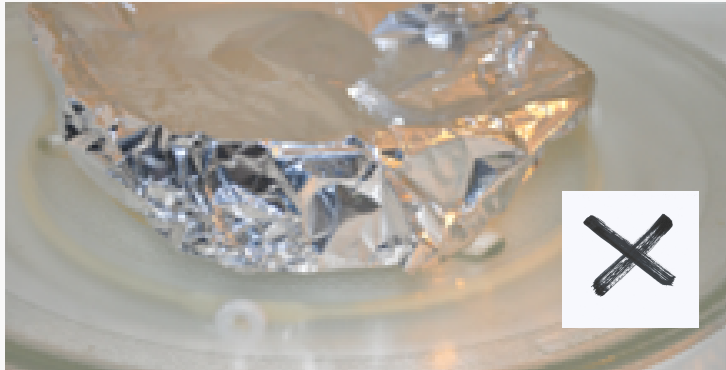


Discuss the importance of never storing items in the oven or on the stovetop (e.g. can lead to fires).

**Watch this locally produced fire safety video:**  
<https://www.youtube.com/watch?v=HFtGv9ZJo0Q>

# Housing Adaptation Checklist

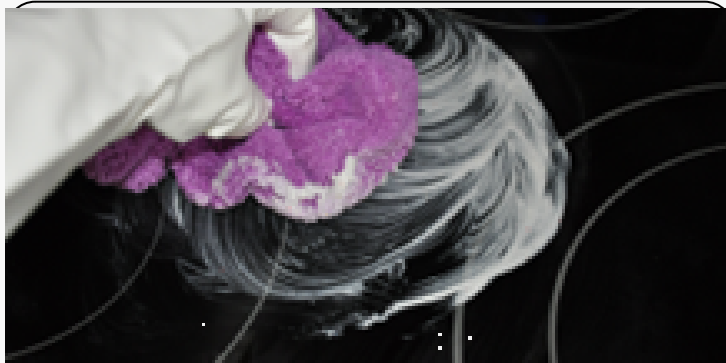
## Lesson #1: FIRE SAFETY IN THE HOME



Talk about the danger of using metal objects in a microwave (e.g. tin foil, twist ties and metal pans).



Share the importance of not cooking directly on the stove burners.



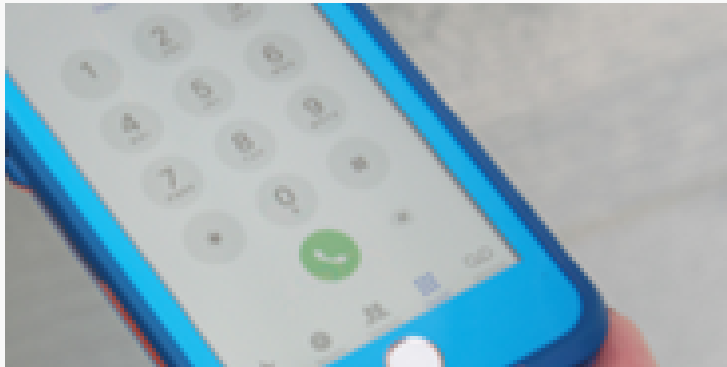
Emphasize that a clean oven and stovetop is important in avoiding fires (e.g. build-up of grease/grime can possibly lead to fires).

# Housing Adaptation Checklist

## Lesson #1: FIRE SAFETY IN THE HOME



Share the importance of always supervising the children while around a hot oven or stovetop.



Stress that if a fire happens, leave the building and call 911 (e.g. call from a neighbour's house or a cellphone).



Smoke alarms and CO2 detectors make a loud noise. Stress this point: Do not remove the batteries or disconnect the alarm. Smoke alarms and CO2 detectors can save your life.

Watch this locally produced emergency escape planning video:  
<https://www.youtube.com/watch?v=2xmp6sYqF9k&feature=youtu.be>

# Housing Adaptation Checklist

## Lesson #2 : BUILDING RULES AND BEING A GOOD NEIGHBOUR



Show how to lock doors and windows. Explain the importance of locked doors and windows.



Share the importance of not letting strangers into the building.



Talk about noise restrictions (e.g. expected quiet after 11 p.m.). Demonstrate inside vs. loud voices/behaviours.

# Housing Adaptation Checklist

## Lesson #2 : BUILDING RULES AND BEING A GOOD NEIGHBOUR



Stress that renters cannot invite others to live with them. The landlord must give permission for someone to move in or visit for a long period of time. Emphasize it is grounds for eviction.



Explain the importance of supervising children. Emphasize Canadian law.



Stress the building's smoking regulations. Discuss possible consequences (e.g. eviction, fire, etc.).

# Housing Adaptation Checklist

## Lesson #3 : BATHROOM SAFETY



Explain and demonstrate the importance of using the shower curtain correctly. Emphasize possible damage if not used correctly or consistently.



Stress the danger of unattended running water (e.g. slips/falls, damage to flooring). Demonstrate wiping spilled water.



Show how to clean a toilet (e.g. rubber gloves, disinfecting cleaner, cleaning brush).

**Tell how to contact the landlord. Provide examples of why and when contact should be made.**

**\*Landlords must provide tenants with emergency contact information. It is the law.**

# Housing Adaptation Checklist

## Lesson #3 : BATHROOM SAFETY



Discuss damage to toilet if stood on. Emphasize liability if damage occurs.

Discuss what can and cannot be flushed down a toilet (e.g. diapers, sanitary products, etc.).



Show how to use a sink. Discuss the damage to sink if stood on or squatted on. Emphasize liability if damage occurs.



Provide alternative suggestions for washing feet, if required (e.g. plastic wash basin).

# Housing Adaptation Checklist

## Lesson #4 : KITCHEN SAFETY



Demonstrate the general use of all major kitchen appliances: fridge, stovetop/oven, microwave and dishwasher. This information may need to be repeated several times.



Talk about the danger of unattended water and running water to humidify the home. Discuss possible damage and liability issues (e.g. moisture build-up and mould growth).



Emphasize the importance of eating at the table. If unable to do so, use a mat/cloth that is picked up afterwards, wiped and washed. Demonstrate possible damage to flooring. Talk about how bugs and rodents can be attracted to food.

**This is a good time to review the fire safety-related information that applies to the kitchen.**

# Housing Adaptation Checklist

## Lesson #5 : LAUNDRYROOM SAFETY AND CONSIDERATIONS



Demonstrate the danger of overloading washers and dryers.



Show how to clean the dryer lint trap and drain the washing machine hose (if applicable).



Discuss hanging clothes to dry (e.g. when and how to do so).  
Talk about the danger of creating too much moisture in the home (e.g. damage to walls, floor, ceilings and possible health issues from mould and mildew exposure).

# Housing Adaptation Checklist

## Lesson #5 : LAUNDRYROOM SAFETY AND CONSIDERATIONS



Explain the concept of a shared laundry facility. Talk about proper etiquette when using a shared facility (e.g. quickly removing laundered clothing from machines, abiding by the schedule set out by the property manager, disposing of garbage, etc.).



Remind about the damage too much moisture build-up inside the home can do (e.g. damage to walls, floor, ceilings and possible health issues from mould and mildew exposure).

**Tell how to contact the landlord. Provide examples of why and when contact should be made (e.g. plumbing issues, laundry machines not working, etc.).**

**\*Landlords must provide tenants with emergency contact information. It is the law.**

# Housing Adaptation Checklist

## Lesson #6 : GENERAL HOME MAINTENANCE



Demonstrate floor sweeping (e.g. place dirt into dust pan and then garbage can, not into the floor registers).



Discuss bedbugs and give examples of how to avoid a bedbug infestation. Provide encouragement and information if the client is facing a bedbug infestation. Also share how to avoid infestations of rodents and other bugs (e.g. keep surfaces clean, doors closed, etc.).



Review garbage and recycling methods. If home pick-up is applicable, demonstrate how to do both.

# Housing Adaptation Checklist

## Lesson #6 : GENERAL HOME MAINTENANCE



Stress the importance of being a good neighbour by keeping the outside of a home tidy (if applicable). Provide examples of outdoor care and consideration (e.g. picking up litter, mowing the lawn regularly, etc.).



If applicable, discuss the importance of clearing snow from steps, driveway and city sidewalks.



Demonstrate the use of the heating/cooling system (e.g. air conditioner, furnace switch (leave on), and thermostat settings).

**Review pages to ensure understanding of the content.**

**Thank you for your efforts to support your client's adaptation to Canadian housing .**