

## ***Karey's Home Share Story***

“I live a good life in Home Sharing. I get out and about almost every day. One of the highlights is I lost a lot of weight and became a lot healthier since I moved in. I started exercising and watched what I ate and my home share helped me stay on track. I like to be able travel with my Home Share family. I also like being able to take Carefree to go to church or my group. Sometimes my home share drives me to places, too.



I like socializing with people but sometimes I like to be alone. I have my very own suite and yet I still have my home share family in the same house to help me when I need it. Home sharing is a very good program because it lets people live independently and yet have support.

We do things together like baking, dining out, crafts, travel, run errands. Before COVID we would go to Theatre Northwest, the symphony, the library, swimming and shopping and the movies. Last year we made goody bags together to hand out to homeless people. I like to do acts of kindness. My home share family helps me with banking, cooking, baking, craft making, and supports me with my doctor and dentist appointments.



Three days a week I go to work with my home share where I am training as an office assistant. I help with printing and photocopying, refill supplies, and recycling. I also read, watch movies, and do crosswords at work. I even have an elliptical I use when I'm at work. I like the routine of going to work some days and being able to socialize with different people.

I've been with my home share family for over six years now. For those thinking about starting home sharing, contact AiMHi and they will set you on the right track!”

*"Individual commitment to a group effort--that is what makes a team work, a company work, a society work, a civilization work."  
-Vince Lombardi*

Dictated by

**Nancy Tremblay**  
Home Share Provider