# · F O U N D R Y·

# **Foundry Works Toolbox**

Definitions you need to know while using Toolbox for the Foundry Works program

# **Common definitions:**

#### **Demographics:**

Newcomer: An individual who has immigrated to Canada within the last 5 years.

**Low-income household:** Annual income less than the following amounts 22,060 (1 person), 26,849 (2 people), 33,453 (3 people), 41,710 (4 people), 47,495 (5 people).

**Visible minority:** Any individual who is not white or indigenous regardless of birthplace. *This is a definition that is required for Service Canada documentation and Foundry is working toward using more equitable language in our services in the future.* 

**Disability:** A person who has a long-term physical, mental, sensory, psychiatric, or learning impairment.

# Resolution of Barriers

**Resolved:** A barrier is considered resolved when it is no longer impacting an individual's ability to pursue goals related to work, study, or training, or when the individual states that it has been resolved.

**Example 1.** Some barriers may be resolved by a change in status. An example is going from no housing to having housing.

**Example 2.** Other barriers may be resolved based on changes to the individual's environment or experience. An example is an LGBTQ+ youth finding a safe an inclusive employer.

# My Life Tracker

**General Well-being:** An overall rating of how well someone feels as a whole person on an average day.

**Coping:** How well are you able to manage the challenges in your life by using the strengths, skills, knowledge, or supports that you have.



### **Stages of Readiness**

**Pre-contemplation:** The individual is not thinking about work, school, or training at this time.

**Contemplation:** The individual is weighing the pros and cons of starting work, study, or training, but has not reached a decision.

**Determination/Preparation:** The individual has decided to work towards their work, study, or training goal and is taking steps to prepare for this change.

**Active seeking:** The individual is actively pursuing work, study, or training opportunities.

**Maintaining seeking activities for at least 6 months:** The individual has actively been pursuing work, study, or training opportunities for 6 months or longer.

Working/Studying: The individual has started work, study, or a training program.

