

Supported Living & Shared Lives Factsheet



Information about
living in your own
home in Leicestershire

What is Supported Living?



Supported Living means moving out of your family home and living in your own home

Individuals called support workers can help you live in your home. They can help with things like cooking and cleaning



You could receive support for a few hours a day or have someone with you round the clock if you need it

You will get a key for your own front door



Supported Living is for individuals with all levels of disability

You can choose where you want to live, who you want to live with and if you should rent or own your own home

Who do you want to live with?



You could live in
your own home on
your own



You could live in
your own home
with a carer



You could share
your home with
friends

What should you expect from Supported Living?



I choose who I live with

I choose where I live

I have my own home



I choose how I am supported

I choose who supports me

I get good support

I choose my friends and relationships



I choose how to be healthy and safe

I choose how to take part in the community



I have all the rights and responsibilities others have

I get help to make changes in my life.

What is Shared Lives?



What is Shared Lives?

Shared Lives is different to Supported Living.

You live with the Shared Lives Carer in their home



You will be treated as a member of their family and they will support you to reach your goals



The carers support individuals to live the life they want, to keep in touch with their family and friends and to enjoy activities.

Other Housing Options



Do you want to rent a house, bungalow or a flat?

Do you want to buy your own home?



Do you want to share your home with other individuals live?



Do you want to live near to other individuals who are and all share the same support? This is called a Key Ring Scheme



Do you want to live where individuals are all over the age of 55? This is called Extra Care

Do you want to live in a residential care home?

Important Things to Consider



Some things that might be important for choosing where to live:

near your family



somewhere quiet

near your college or where you go during the day



keeping the same support

being near a bus stop and shops

a different place because you don't like where you are now

