



Leicestershire  
County Council



# Supported Living

Helping you live life  
the way you want



# Most of us move into our own home – it's a step we all go through.

Supported Living is about having your own place to live with the support you need.

Having your own home means having independence and your own front door key.

Supported Living also helps you to:

- Get the right support
- Choose when you have your support
- Choose your friends and make new relationships
- Be healthy and safe
- Choose how you want to become part of the community
- Have the same rights and responsibilities as others
- Make changes in how you live your life.



# What is Supported Living?

For some people supported living can mean having the right support to carry on living in your family home and being supported by family.

For others it can mean owning or renting your own home and getting the right support to help you live independently and safely.

You can live on your own. Or you can live with other people. If you live with other people you will have your own room but share other rooms like the kitchen and bathroom.

Support is person centred and is planned to meet your needs. This may include support you already have from family or the local community.

Supported living can be suitable for people with all levels of disability. If you find it difficult to make choices you can be supported by carers, family members and advocates to make the best decision.

It is your right to have choice and control over where you live.

You will be supported to choose where you want to live, and who you want to live with.



# Things you need to think about

If you decide you want to find somewhere to live there are lots of ways of doing it. Before you look for housing you need to think about a few things;

## Who do you want to live with?

- Live on your own with support
- Live in a flat that is part of a group of flats and share your support
- Live with others in a shared house with support

## What is important to you?

Make a list of what you want from a home. Things like:

- Living near your family
- Living near your college or where you go during the day
- Staying near an area that you know
- Somewhere different because you don't like where you are now

## Do you need access to transport?

Think about where you need to go, and how easy it is to get there. You might need to be somewhere with lots of buses, or close to a station. You might need somewhere with space to park a car.





## How do I get my support?

You may need help with finding a home, getting the right support and paying for your support.

Leicestershire County Council can support you in moving into supported living. We will talk to you about all your options and agree if supported living is the best way to meet your needs.

We will assess your needs by talking to you, your family and carers.

This will help us to know what sort of things you need help with. It might be things like cooking, cleaning, looking after money, using public transport, going to local activities, volunteering or getting paid work.

We will agree how much support you need in your new home. Some people may need lots of support day and night, other people may only need a few hours support. This is called a Support Plan.

We can help you meet the support provider and agree the support you need from them.

## How do I pay for my support?

If you have been assessed as needing support by the council your worker will tell you how much Personal Budget you can have. This is the money you have to spend on your support.

If you need support because of your health, you may get Continuing Health Care Funding from the NHS – we will be able to discuss this with you.

## If I rent a house how do I pay for it?

In most cases the rent will be covered by Housing Benefit – your social care worker will help you to understand how to apply for this.

Your social care worker will help you to get the correct welfare benefits so you have money to pay the rent and bills – gas, water, electricity.

## What types of housing are there?

There are a number of ways your new home could be found:

- Adult Social Care provide Supported Living schemes across the county which are mainly provided by the council or Registered Social Landlords.
- Choice Based Lettings (Council and Housing Association tenancies) This is the way that the District and Borough Councils decide and offer rehousing to those on their ‘waiting lists’ called the Housing Register.
- Privately renting - making a decision to privately rent accommodation can be a quicker option especially if there is a limit on your preferred areas.

It is best to get advice to make sure you are making the right choice - for instance, rent levels and your rights as a tenant can be different depending on your landlord and the place you are thinking of living.

## Home ownership

This can be an option where there is money available as a minimum to meet legal fees.

Local advice on the support for home ownership for those with long term disabilities is available at <http://www.advanceuk.org/shared-ownership>

Home ownership can include shared ownership where part of the property is owned and the remainder is rented usually from a Housing Association.

## Extra Care housing

Extra Care schemes are generally much larger buildings e.g. 70 self-contained flats with a number of communal areas and meals being provided. The current schemes across the county are designed for people aged 55 or older with a home care support provider being on-site too.

## How are people supported?

Depending on the scheme there are different levels of support available;

- On-site support
- Day time
- Night time (waking night or sleep in)
- Floating support/outreach – this is where you share support amongst a number of properties



# Other support to help you be independent and safe

## Equipment, adaptations and assistive technology

When you move into your new home you may need some equipment that will help you to live as independently and safely as possible.

You may need hand rails or lights that come on automatically so that you can move around safely at night. There are lots of different aids and equipment that can help people.

There are many things that can help people who struggle with everyday tasks – these are called Assistive Technology.

There are lots of products that can be matched to people's individual needs. Some examples are:

- Easy to use mobile phones
- Alarm systems so you can ask for help if you need it
- Key safes, a safe place to keep a spare set of keys
- Voice announcers, so you know who is knocking at your door
- Sensors on beds, chairs, doors, floors so your support provider knows if you need help





# Your housing plan

You may find it useful to make a housing plan. This housing plan will help you to start thinking about moving into your own home. This is a big step towards becoming independent.

There are lots of things to think about and you will need help to do this.

Ask a friend, a family member or someone who supports you to make your own housing plan.



**What type of home do you want to live in?**



**Where do you want to live?**



**When would you like to move?**



**Do you want to live near friends and family?**



**Who can help you with your plan?**



**How will you pay your bills and other things?**



**What things do you need help with?**



**Do you want to live on your own or with others?**

## How long does it take to move into Supported Living?

This can vary and depends on individual needs, but the average amount of time is between 6-12 months.

We need to ensure you:

- are supported to find the right property to suit your needs
- are supported to find the right people to live with in shared houses
- have the right support plan in place to meet your needs
- have the right trained support staff to meet your needs

If you choose to move to an existing property with a vacancy then it will not take as long but we still need to make sure you and the people you are living with are happy for the move to take place.



# What our Supported Living residents have to say



## Matthew – Wigston

“It was my choice to live independently and to live in my own flat. My mum thought it was a great idea to give me some independence. I have made friends with my new neighbours who live within the same building. Supported Living is a great scheme that gives you the freedom to do what you want to do when you want to do it. I never feel lonely living here.”

## Jay – Loughborough

“Before moving I had lived in a residential home for 25 years. Since I have moved I have enjoyed a much better quality of life. I am supported to do more for myself. Staff are always on hand to help me day or night when I need extra support. I would definitely recommend supported living to everyone. I have become more independent than I ever thought I could.”



## Daniel – Hinckley

“Before moving I lived with my parents. I wanted to move to Supported Living as I liked the idea of living in my own home. I didn’t cook, plan my own meals, manage my money and pay bills when I lived with my family. I have learnt a lot of new skills since moving. I have started taking the bus on my own to my job at a charity shop. Supported living has given me more independence.”

To read their full stories visit: [www.leicestershire.gov.uk/supported-living](http://www.leicestershire.gov.uk/supported-living)



For more information about Supported Living and the help you can get call the Adult Social Care Customer service centre

Telephone **0116 305 0004**

Or visit our website [www.leicestershire.gov.uk/supported-living](http://www.leicestershire.gov.uk/supported-living)