

Adam's story



Moving into my own home has given me more freedom. My home is in a good location. I have my own tenancy and my own front door key.

I have a housemate, who I get on very well with and we will often do things together. I have learnt many new life skills. I am supported to do my own food shopping. My support worker will help me plan meals for the week.

I like to cook my own meals and really enjoy baking. My support staff help me to do this. I am supported to look after my home. I will do the hoovering, dusting, wash the pots, make my bed and wash my own clothes.

I go to college three days a week. I am doing a maths course, a cooking course and I also play sports. I have to catch two buses to get there.

I am more sociable now. I like going out in the community. I go to the cinema, bowling and play mini golf.



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My Tablet shows me how to cook a meal, prompts me with keeping safe, reminds me of any appointments I have and much more.

I was asked to take part in a pilot with Vodafone. I was given a Tablet which helps me with my daily routine. I was on the BBC, ITV news and Radio Nottingham.

I would tell anyone thinking about Supported Living to find out more about it. I would give it a 10 out of 10.

Supported Living has given me freedom. I wouldn't want to move anywhere else.



I also like to take part in looking after my garden and will water the plants.

Is Supported Living for me?

Talk to your allocated worker or for more information contact us on **0116 305 0004**, or visit www.leicestershire.gov.uk/supported-living