

Jay's story

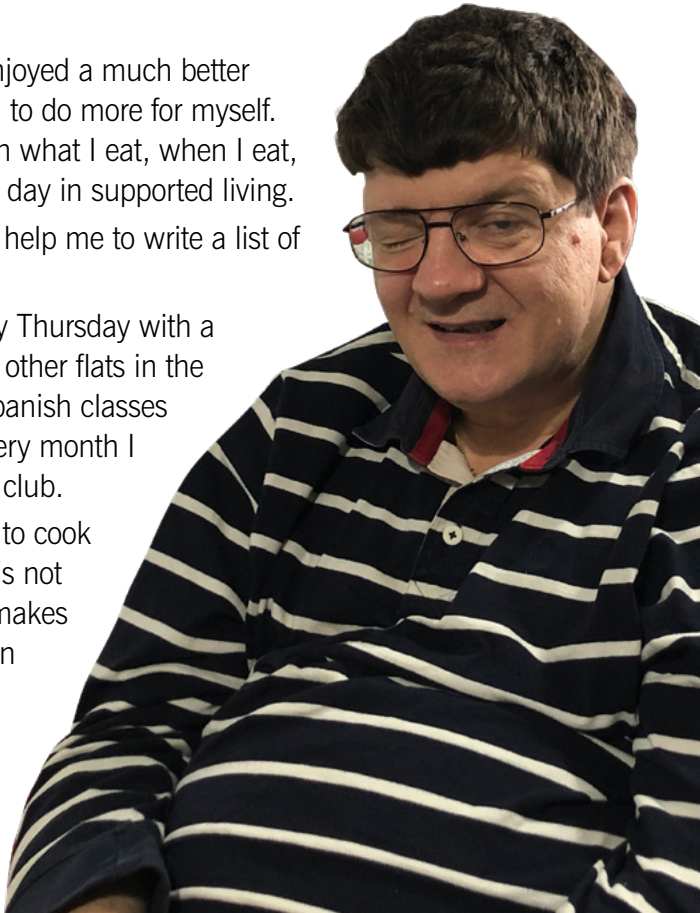


I moved into my supported living flat in Loughborough in May 2018. Before moving I had lived in a residential home for 25 years and felt it was time to move to somewhere new.

Since I have moved I have enjoyed a much better quality of life. I am supported to do more for myself. I enjoy having more choice on what I eat, when I eat, and what I can do during the day in supported living. I do my own shopping - they help me to write a list of all the items I need to buy.

I go to a computer class every Thursday with a friend who lives in one of the other flats in the building. I have also taken Spanish classes and go to a keep fit class. Every month I go on trips with my Saturday club.

My support worker helps me to cook meals because my eye sight is not very good and sometimes it makes me unsteady on my feet. I can now make small snacks and make cups of tea on my own with no help.



Jay's story



I am supported to look after my own money. I make sure all my bills are paid.

I enjoy going shopping in Loughborough.

I live by myself in my own self-contained flat. I like it much better than the residential home I used to live in because I have my own space. I have a spare bedroom which means my family can come and stay with me.

The staff support me to organise my medical appointments and they go with me every time I leave my home due to my eyesight issues. If I need help at night I only have to press a button and staff come and help me.

I would definitely recommend supported living to everyone. I have become more independent than I ever thought I could.



Staff are always on hand to help me day or night when I need extra support. They often come by just to visit me and have a friendly chat.

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