

## Jayne's story



I have spent the last two years living in a residential home. Before this I used to live in my own home.

While living in residential care I struggled to go to the shops or out for a walk on my own. I wanted to move somewhere else.

My social worker told me about supported living. I liked the idea and I moved into a shared house in July 2019.

I was nervous about moving to begin with, but the support I receive has helped me.

I have my own bathroom and bedroom and share the communal kitchen and living area with four other people.

Since moving into supported living, I have achieved a lot and now I feel confident to go out on my own for the first time in two years.

I have also made new friends and we get together. I cook Sunday roast dinners and Thai food for them.



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My health has improved. Since moving, I've cut down on the number of cigarettes I smoke a day.

My family visit on a regular basis and take me out. I keep busy with hobbies such as knitting and jogging.

I'm really happy. I'm feeling stronger and better within myself. My end goal is to get my own flat.

I would tell anyone who is thinking about moving into supported living accommodation that it is really positive.



Supported Living has given me the chance to become more independent, while still getting the help I need.

## 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](http://www.leicestershire.gov.uk/supported-living)**