

Matthew's story



I lived in residential care for eight years before my social worker told me about supported living. I moved into my own home in May 2019.

When I moved into supported living I got to choose my own furniture, which I liked.

Living here has given me the freedom to do things I like to do when I want to. I like to walk to the local shops and have a look around.

It was my choice to live independently and to live on my own. My mum thought it was a great idea to give me some independence I have made friends with my new neighbours.

They all live in their own flat within the same building. We cook dinners for each other and watch TV in each others apartments.

I also get the bus into Leicester where I go to do my shopping.



Matthew's story



I get help to manage my money.

I'm currently saving to go on holiday.

I like supported living because it gives you the option to choose where you want to live.

I do my own housework, which involves cleaning, hoovering, washing the pots and doing my washing.

I get around eight and a half hours of support a week which is enough to support my needs.

My support staff help me to plan my meals for the week so I have a healthy and well-balanced diet. Before I do my shopping they help me to write a list of all the items I need to buy.

I like supported living because it gives you the option to choose where you want to live.

It 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.



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