



SUPPORTED LIVING - FACT SHEET

What is Supported Living

The term Supported Living describes a combination of housing and support services, provided to enable people to be independent as possible, to have choice and control over where they want to live, who they want to live with (if anyone) and the support they get.

It can look very different for different people.

- For some people it can mean having the right support to continue to live in their family home and be supported by their family e.g. spouse, siblings.
- For some people, especially individuals with a disability or who are vulnerable it can mean owning or renting their own home and receiving the right package of support to enable them to live independently and to be safe. The support they receive is continuous. For one individual the support required may be a few hours a day/week, for another it may be round the clock support to live in their own home, and for others it may be a shared house with friends and support to meet their individual needs.

Supported living assumes that all people with a disability are able to make choices about how to live their lives. For people who do not have the capacity to make relevant decisions a Mental Capacity Assessment is carried out to support and protect them.

Basic Principles

The commonly accepted principles are defined in the *Reach Standards in Supported Living*:

- ◆ I choose who I live with
- ◆ I choose where I live
- ◆ I have my own home
- ◆ I choose how I am supported
- ◆ I choose who supports me
- ◆ I get good support
- ◆ I choose my friends and relationships
- ◆ I choose how to be healthy and safe
- ◆ I choose how to take part in the community
- ◆ I have the same rights and responsibilities as other citizens
- ◆ I get help to make changes in my life.

Leicestershire County Council Principles for Supported Living

- ◆ Individuals will be supported to consider both their housing and support service options.
- ◆ Supported living is person centred. An assessment of need for each person is undertaken which will include talking to the individual and to their family and carers to take into account family and informal (unpaid) support and community resources.
- ◆ Individuals are supported to choose where they live, who they want to live with, and they are able to have their own home (rented or owned).
- ◆ Support is purchased to meet individual needs, and varies between individuals in both amount and content. The support provider is completely separate to the landlord. If the individual moves then their support can go with them or they can change their care provider without jeopardising their accommodation rights.
- ◆ Supported living can potentially be for everyone. It is suitable for people with all levels of disability (even the most complex) as the support package is tailored to meet the individual's needs within their home. If the individual lacks capacity then all other routes are considered including carers, family members, independent advocates etc.

What makes Supported Living different to residential support?

The Care Quality Commission (CQC) defines Supported Living as (services which) *“involve a person living in their own home and receiving care and/or support in order to promote their independence. The accommodation is not regulated by the CQC but any personal care provided by the provider is”*.

People in supported living usually have a tenancy agreement which gives them security of tenure to live in their own accommodation (which can be self contained or shared). Each person is responsible for maintaining their tenancy e.g. paying the rent, reporting repairs (with support to do this, if necessary).

Unlike residential care, (in which housing, care and support are provided together) the separation of the housing element means that Housing Benefit can be claimed to pay for housing costs. People can also claim a wider range of benefits if they are living independently and this usually gives them more disposable income and choice of how they spend it.

What does supported living housing look like?

There is no definition as to what Supported Living accommodation should look like. It is down to the individual (with the support from family, support staff, commissioner, advocates) to decide if the accommodation is right for them. Supported Living can be delivered in a range of settings and housing models:

- **Individual houses, bungalows and flats** i.e. ordinary houses on ordinary streets. Individuals would live there as tenants or owners or through shared ownership. They could rent from the district council (Choice Based Lettings), a

housing association, private landlords or parents/family, or if they have sufficient resources they could buy or part buy a property through Shared Ownership.

- **Shared Housing** is typically a small family house for just 2, 3 or 4 people sharing, ideally no more. This is a common form of provision for people with learning disabilities. If people have support at night, then the need for a room where staff can sleep must be considered when looking for suitable property. Potential landlords of Shared Housing are housing associations, private landlords or parents/family. It is very rare that a shared house would be available from a district council as only families tend to be eligible for district council housing.

In shared housing each individual has their own bedroom, very occasionally two people may choose to share a room. Other rooms in the property are communal spaces used by tenants collectively and normally this will include at least a lounge, kitchen and dining area. There may be additional facilities like a laundry room, staff sleep-in room and some schemes will for example have en suite bathrooms rather than a shared bathroom.

Small shared houses can work well where a group get on with each other. There will usually be an established and funded level of shared staff support as this makes more efficient use of each individual's personal budget. In most cases the sleep in room will need to be funded by the tenants.

- **Extra Care Housing** is a model of housing developed for older people (55+) and provides 24 hour on site care and support to enable people to remain independent in their own home and prevent the need to move to more institutional setting such as residential care.

What does Extra Care do?

- ◆ Provides a form of housing provision that allows people in need of care and support to remain independent, or age in one place without having to move, in particular to residential care or nursing homes.
- ◆ Enables couples to continue to live together rather than one having to move into a residential care setting.
- ◆ Gives people lifestyle choices and a range of tenure options, including low cost home ownership.
- ◆ Enables people to live at home, not in a home, which means having one's own front door and on-site high quality meals provision, with a main meal available on site each day.
- ◆ Offers buildings designed to offer maximise physical accessibility.
- ◆ Maintains a balanced community so that the more independent tenants can support those with higher dependencies.
- ◆ Social events and activities will be provided in communal/meeting areas.

What care support is available for people moving into Supported Housing?

Leicestershire County Council provides personal budgets enabling people to have more choice and control over how they receive support. Personal budgets allow greater flexibility about how money is spent to achieve eligible outcomes. Greater emphasis is now being placed on individual outcomes for people rather than service-led solutions.

A social care worker will undertake an assessment of need for each individual which will include talking to the individual themselves and to their family and their circle of support. This process will include a risk assessment which looks at keeping the individual safe and well, and how any other risks which might occur can be managed. From this assessment, a support plan is developed and the individual will receive a personal budget enabling them to have choice and control in how the agreed outcomes will be met.

People can be supported with a wide range of tasks dependent on the assessment. Tasks could include:

- ◆ Managing their tenancy
- ◆ Liaison with landlords
- ◆ Support to ensure property is well maintained
- ◆ Supporting individual to be part of their local community
- ◆ Budgeting, finance and money management
- ◆ Personal and domestic support
- ◆ Liaison with statutory services

An assessment will be undertaken by the Adaptations Team and the Assistive Technology Team to identify and provide equipment to increase the individual's independence and to help manage any highlighted risks.

Assistive Technology gives control and independence to people who struggle to complete everyday tasks while keeping them safe. Technology solutions are extensive and will vary dependant on the needs of the person. Some examples are:

- ◆ Staff pagers and mobile phone contact systems
- ◆ Sensors e.g. gas, flood, smoke, temperature which can be linked to staff, voice announcers, gas & water shut off valves, automatic window openers.
- ◆ Plugs to prevent sink/bath overflow
- ◆ Sensors e.g. bed/chair occupancy, door opening, falls etc

If an individual is eligible for a Council Personal Budget their social care worker will guide them in commissioning their support.

A wide choice of providers can be found at www.ChooseMySupport.org.uk. Choose My Support is an online marketplace for looking and buying services and provides the customer with choice and control. All providers on the site are approved by the Leicestershire County Council.

For further information about Supported Living please contact
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