



Supported Living

Information about
living in your own home
in Leicestershire



This booklet was designed by the Market Development Team and supported by parents and carers.



Introduction to Supported Living

Most of us move home. It is a step we go through as part of becoming more independent.



Supported Living is about having your own place to live with the support you need. We are all different and like to live in different ways.

Having your own home means having independence.

Having your own home means having your own front door key.

There are 11 standards that you should expect from 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 others
- ✓ I get help to make changes in my life.

These standards are called the **REACH** standards.

This booklet shows you the different types of housing and support available. This booklet will help you start to think about:

- ✓ What is supported living?
- ✓ Things to think about
- ✓ How do I get the support I need?
- ✓ What types of housing are there?
- ✓ Other services to support you.





What is supported living?

- For some people supported living can mean having the right support to carry on living in their family home and be supported by their family.
- For others it can mean owning or renting your own home and getting the right support to help you live independently and safe.



You can live on your own. Or you can live with other people. If you live with other people you will have your own room, but share other rooms like the kitchen and bathroom.

You choose who supports you. Support is person centred and is planned to meet your needs and includes the support you already have from family or the local community. Some people may need support in the day and at night. Some people may only need a few hours support.



Supported living can be suitable for people with all levels of disability. If you find it difficult to make choices you can be supported by carers, family members, advocates to make the best decision. It is your right to have choice and control over where live.

You will be supported to choose where you want to live, who you want to live with and whether you should rent or own your own home.





Things you need to think about?

If you decide you want to find somewhere to live there are lots of ways of doing it. Before you look for housing you need to think about a few things;



Who do you want to live with?

- live in your own home on your own
- live in your own home with a carer
- share your home with friends.



Important

What is important to you?

Make a list of what you want from a home. Things like:

- Living near your family
- being somewhere quiet
- living near your college or where you go during the day
- staying near an area that you know
- keep the same support that you have now
- somewhere different because you don't like where you are now.

Do you need transport?

Think about where you need to go, and how easy it is to get there. You might need to be somewhere with lots of buses, or close to a station. You might need somewhere with space to park a car.





How do I get my Support?

You may need help in help with finding a home, getting the right support and paying for your support.

Leicestershire County Council can support you in moving into supported living. A social care worker will need to visit you to make sure you need a service. They will talk to you about all your options and agree if supported living is the best way to meet your needs.



The worker will assess your needs by talking to you, your family and carers to take into account the support you get from them, informal (unpaid) Support and support services near where you live.

This will help them to know what sort of things you need help with. It might be things like cooking, cleaning, looking after money, using transport, going to local activities, volunteering, getting paid work.



They will agree how much support you need in your new home. Some people may need support in the day and some people only need a few hours support. This is called a Support Plan.

The worker can help you choose your care provider, arrange to meet with them and buy the support you need from them.



The support provider should be completely separate to the landlord. This makes sure you can carry on getting the same support if you move house or you can change your care provider without losing your rights to stay in your home.

How do I pay for my Support?



- ❑ If you have been assessed as needing support by the Council your worker will tell you how much Personal Budget you can have. This is the money you have to spend on your support.
- ❑ There is something called 'Fair Access to Care' that will help you to know more about whether you are likely to be get funding or a service from them.
- ❑ If you need support because of your health, you may get Continuing Care Funding from the NHS.

If I rent a house how do I pay for it?



- ❑ How much rent you pay depends on the size of the house you want to live in.
- ❑ You may be able to claim for housing benefit. This will pay towards some if not all of your rent. You need to think about how much money you can afford to pay every month.
- ❑ You may need a deposit. This is money you give to your landlord before you move in. The money is used to pay for any damages when you move out - if there are no damages you will get the money back. You may be able to get help to pay the deposit.
- ❑ If you have a worker they can help you get your benefits checked to make sure you are getting the right money.

What types of housing are there?

The next few pages will tell you different types of housing to choose from.





Renting from the council or housing association.

This is called social housing?



Social housing is when you live in a house that is owned by the council or housing association (sometimes called a Registered Social Landlord). You pay rent which is money you pay every month to live in one of their houses.

Council and housing association homes can be in a large or small estate, and can be a house or a flat.

These homes can be for one person or families. These homes are good for supported living.

How do I find out more?

LEICESTERSHIRE
— Choice based lettings —

You need to apply to your local district Council for housing by joining Choice Based Lettings.



To do this you need to fill in a form on the computer. This will tell the council all about you and what your needs are. The council will look at this form and decide how important it is for you to get a house.

If you have a learning disability or a medical need often the council think it is important to find you somewhere to live.

The council will show a list of the houses that are available on their website. If you need support then they will help you.

You have to "bid" for a house on this list. This means asking for the house you like best. The council looks at all the people who have bid for the house and they ask the people who most need a house to come and have a look at it. If more than one person likes the house, it will be given to person who has been waiting the longest.

Be patient, there is a lot of people on the housing Register so it can take a long time for a house to become available for you to move in to.

Good things about renting from the council or housing association



- ✓ It is a secure way to rent a home. They are usually happy for you to stay there for a long time.
- ✓ These make good homes for supported living.
- ✓ If you get housing benefit this will usually cover the cost of the rent.
- ✓ They are checked to make sure the home is in good condition and will do any repairs that are needed.

Not so good things about renting from the council or housing association



- The waiting list is often long. Be patient, there are a lot of people on the housing register so it can take a long time for a house to become available.
- You may not have much choice.
- It is harder to find a house if you want to share with 2 or more friends.
- You may not feel safe living on some of the larger estates

To find out more then contact your local district council, on the last page you will find their address and telephone number



Renting from a private landlord

This means renting from someone who owns a property. It could be a house, a flat or a bungalow. They usually rent it out so they can make money. These homes are good if you want supported living.

A private landlord can be:

- A company that owns lots of properties
- A person or family who owns one or more properties
- A charity or group who just rent to disabled people.
- A family member who buys a property so they can rent it to a disabled relative.

You can find properties to rent by looking in these places:



- A letting agent or an estate agent
- An advert in the local newspaper or on a shop notice board
- On a sign outside the property
- On the internet



Good things about renting from a private landlords:

- ✓ You will have more property to choose from
- ✓ Its easier to get a bigger house if you want to share with others
- ✓ You don't have to join a waiting list
- ✓ It can be good if you want to try living on your own home for a short time, before you decide it is right for you.



Not so go things:

- You may not have a long term security. When the contract ends the landlord can ask you to leave.
- A lot of landlords ask for a deposit, This is an amount of money you will need to pay before you move in. You will get this money back when you leave, as long as there is no damage to the home.
- The rent may be more than your housing benefit.

Extra Care Housing and Sheltered Accommodation



Extra Care Housing and Sheltered Accommodation are where people live in their own flat in the same block or very near each other. Your flat has its own kitchen, bathroom, lounge etc.

There are often some shared areas like a laundry room, a shared lounge or a place where everyone can go to eat together if they want.

This type of housing and support is usually for people over the age of 55 years with or without a disability. Sometimes younger people who have a disability have moved in to this type of housing.

Support is usually available all the time in Extra Care Housing. In Sheltered Accommodation there is a warden who provides support and every flat has an alarm. If you need more support you can arrange this with your own care provider.



You get all the benefits of moving into a house. You have your own tenancy and front door key, you pay rent and the bills.

This is a good choice if you want to have your own home, but have other people you can choose to spend time with when you want.

You can choose to rent or buy a flat. If you get housing benefit you can use this to pay the rent.

There are some places that are just for people with a disabilities too. These are sometimes called Cluster Flats and you can share the support you need with others.

How do I get this housing?

For extra care call the Customer Service Centre.

For sheltered housing the landlord is often the council or a housing association. You will need to register on the Choice Based Lettings scheme.

All the contact details are on the last page of this booklet

Buying your own home



1. Home ownership.

You can share the ownership of your home. This is where you part rent and part buy your home through a housing association or buying your home fully. HOLD is a way to do this.



HOLD stands for Home ownership for people with a long-term disability.

It is a way for someone with a disability to buy a share of their own home.

You buy a share of the home. You have to buy at least a share of 25 per cent of your home using savings and/or a mortgage. A housing association buys the remaining share and you pay rent for this share as you would to any other landlord.

As part of the rent you will have to pay service charges for repairs and improvements.

You will also have to pay for all the other costs of owning a home.



For more information visit the **Shelter** website

Some of the good things about HOLD:

- ✓ It is for disabled people.
- ✓ It has worked well for lots of people.
- ✓ It is secure - you can stay there for a long time.
- ✓ You choose the property you live in.
- ✓ The landlord looks after the property.

Some things which aren't so good about HOLD:

- It can be hard to understand.
- Not all landlords offer HOLD.
- You might have to get a mortgage to pay for the part of the property you buy.
- There are extra costs, like legal costs, to pay.

How is it paid for?



If you get Income Support you can get the money to help you to pay for the loan part of the house that you want to buy. A loan means someone gives you the money to buy part of your house but you need to pay it back. A loan to buy a house is called a mortgage.

Housing benefit will usually pay for the rent part that you pay to the housing association. Housing benefit is money which is paid by the Council.

How do I find out more?

You can ask your support worker, if you have one or ask **EMHomebuy** for more information and help.

EMHomeBuy
Memorial House
Whitwick Business Park
Stenson Road
Coalville,
LE67 4JP

0844 892 0112

www.emhomebuy.org.uk

2. Family can help with buying a house.



- ❑ If your family has enough money, they can set up a trust to buy a home.
- ❑ If your family has some money, they can put some money towards a shared ownership home.
- ❑ A family can buy a home and rent it out to you and others if you want to share. You pay them rent.
- ❑ Families can build an extension on the family home and rent it out to you.
- ❑ A group of families can get together and buy a house to rent out to you and others.



3. Buying a home without any help

You may have enough money to buy your own home.

The good things about this



- ✓ You will have more property to choose from.
- ✓ The house is yours. No one can ask you to leave.

The not so good things:



- You have to look after the house. If something goes wrong you will need to get it fixed.
- It is a big commitment. Its not easy and can take along time to sell the house if you decide to move on.





Shared lives

What is Shared Lives?

Shared Lives is different to Supported Living. Shared Lives is all about living with and being part of a family in their home. Shared Lives carers can support you with things you need help with so that you can live as independently as possible.

Living in a Shared Lives Placement you will be treated as a member of the family and supported to access opportunities in order to achieve your desired outcomes. This can be within the home or outside the home environment.

Shared Lives Carers are able to provide Long Term Placements, Short Breaks and Day Services.

Our carers are skilled, experienced and trained individuals who have chosen to share their homes and lives with others. The Shared Lives Team will try to make sure that the right Shared Lives Carer is found for you

How is this paid for?

If you have been assessed as needing support by the council your social care worker will tell you how much Personal Budget you have. This is the money you can use to spend on your support.

You will also be assessed for a contribution toward your support costs. Once you have paid your contribution, any benefits/money you have left will be yours to spend on the things you choose.
How do I find out more?

Tell your Social Care Worker that you are interested in a Shared Lives Placement and they will contact the service. If you do not have a social care worker then contact the Customer Service Centre on the number provided at the back of this booklet.

Other support to help you to be independent and safe.

Equipment, adaptations and assistive technology

When you move into your new home you may need some equipment that will help you to live in your home as independent and safely as possible.

You may need hand rails or lights that come on automatically so that you can move around safely at night. There are lots of different aids and equipment that can help people.

Your house may need adapting, this is when changes need to be made to the building. Your worker will check to find out the areas you need support. If you need:

- ✓ Minor adaptations and equipment that is fixed and costs under £500, like grab rails and ramps. A worker from the council's Adaptations Team will visit, assess your needs and arrange for the equipment to be put in place.
- ✓ Equipment that is not fixed and under £500 like chair raises, bath seats. Your social worker will arrange for this equipment to be delivered to your home.
- ✓ Adaptations that costs over £500, like stair lifts, widened doors. An Occupational Therapist will get very involved. They will apply for a Disability Facility Grant, make sure the adaptations are approved and arrange for changes to be made to your home.
- ✓ Assistive Technology. These are technical products for people who struggle with everyday tasks. There are many products and matched to the individuals needs. Some example are:
 - Easy to use mobile phones, alarm systems so you can ask for help if you need it..
 - Voice announcers, so you know who is knocking at your door.
 - Sensors on beds, chairs, doors, floors so your support provider knows if you need help.

Adult learning courses



The Leicestershire adult learning service run some courses which look at living in the community and independent living skills.

Living in the community will help you to learn about eating out, going to the library, using the bus and much more.

Independent living will help you to learn about cooking, using the computer, voluntary work and much more.

These courses will help you to learn new skills so you will be ready to move in to your own home.

For more information about these courses please contact the adult learning service. The phone number is at the back of this booklet.

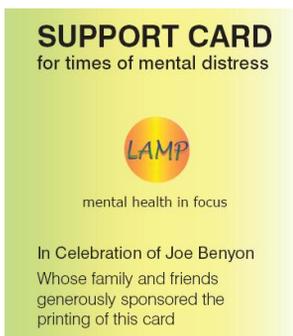


Keeping safe

The Keep Safe Card has been made for people with disabilities.

You can write your information on it which can help you in an emergency.

Leicestershire Police, Fire and Ambulance services all know about the card and think it's a really good idea. To get your free card call 0116 305 0004.



The Lamp support card has been made for people who need support through times of mental distress.

You can write your information on it which can help you in an emergency.

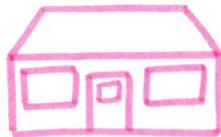
There are lots of phone numbers on this card that you can contact for help.

My housing plan

You may find it useful to make a housing plan. This housing plan will help you to start thinking about moving into your own home. This is a big step towards becoming independent.

There are lots of things to think about and you will need help to do this.

Ask a friend, a family member or someone who supports you to make your own housing plan.



What type of home do you want to live in?



Where do you want to live?



When would you like to move?



Do you want to live near friends and family?



Who can help you with your plan?



How will you pay your bills and other things?



What things do you need help with?



Do you want to live on your own or with others?

Need more information?

For more information about Supported Living and the help you can get call the Customer service centre for Adults and Communities

Telephone 0116 305 0004

For more information on buying your own home:

EMHomeBuy

0844 892 0112

www.emhomebuy.org.uk

My Safe Home

08000 121333

www.mysafehome.info

Shared Lives - contact the Customer Service Centre on
0116 305 0004

Adult learning service

FREEphone number 0800 988 0308.

adultlearning@leics.gov.uk

Useful Websites to look at

Leicestershire County Council - www.leics.gov.uk

Housing and Support Alliance - www.housingandsupport.org

Lamp - www.lampdirect.org.uk

Where to find your District Council

Choice Based Lettings

Blaby District Council

Council Offices

Desford Road

Narborough

LE19 2EP

0116 275 0555

enquiries@blaby.gov.uk

Charnwood Borough Council

Council Offices

Southfields Road

Loughborough

LE11 2TN

01509 634567

customerservices@oadby-wigston.gov.uk

Harborough District Council

Adam and Eve Street

Market Harborough

LE16 7AG

01858 828282

customer.services@harborough.gov.uk

Hinckley & Bosworth Borough Council

Hinckley Hub

Rugby Road

Hinckley

LE10 0FR

Customer.Services@hinckley-bosworth.gov.uk

Melton Borough Council

Parkside, Station Approach

Burton Street, Melton

LE13 0UL

01664 502502

contactus@melton.gov.uk

NW Leicestershire District Council

Council Offices

Coalville

LE67 3FJ

01530 454545

customer.services@nwleicestershire.gov.uk

Oadby and Wigston

Council Offices

Station Road

Wigston

LE18 2DR

0116 288 8961

customerservices@oadby-wigston.gov.uk