



Essex County Council

# Supported Living



Produced in partnership with  
Summit Services and the Essex Carers Network

# What is Supported Living?



Supported Living is a type of housing for adults with Learning Disabilities and/or Autism or other disabilities who want to live independently but may need some support.



Supported Living houses are owned by landlords.

There are many types of homes in Supported Living:

- Shared homes
- Shared bungalows (in a group or 'cluster')
- Individual flats (in a group or 'cluster')



If you move into a Supported Living house, you will have your own tenancy and will have to pay rent.

In some cases, Essex County Council (ECC) will pay for the support provided within the home and you will be financially assessed to see how much you will pay towards it.



You will have greater independence at home.

You will be able to get support to look for and join in with things in your community that interest you.



Care in Supported Living is often shared. This is called 'core support'.

It means that support staff will be there to help you and the other adults who live there.



You might also have one to one care (1:1). This is where one support staff supports just you with a task or activity.



In Supported Living you will have some responsibility for looking after your home or your room.

This may mean doing some chores and tasks you don't like so much or learning new skills to be more independent.

# Finding a Home



First you will be offered a social care assessment to talk about what support you need and the things that are important to you in your life.



A social care worker can discuss with you if Supported Living is a good option to meet your needs.

A family member or friend can be part of this conversation if you would like them to.



Finding the right home is very important. The home should suit you and meet your needs.

If you will be sharing your home with other people, it is important you all get along.

This will help you settle in and make the most of your new home.



If Supported Living is right for you, you will be offered homes to look at that match your needs and preferences.

If you do not like any of the homes, we will work with you to look at other options.



You can ask questions about the home, for example:

- I use a wheelchair, is the garden safe and accessible for me?
- Does the home suit me or can it be adapted?
- Is there a private shower, bath, or toilet?
- Are there good transport links?
- Is there wi-fi available there?
- Who else is living there?



You will be able to visit the home before you decide if you want to live there.

If other people live there already you can meet them and talk to them to see if you would get along.

# Tenancy and Costs



If you qualify for Housing Benefit or Universal Credit, you will be able to claim this to pay your rent.

In most cases your rent will be fully covered by local housing allowance.



You can apply for Housing Benefit through your local council.  
Your family and friends can help you with this.



You should read the tenancy agreement carefully to understand what this means for you. You can ask for an Easy Read version.

You may want to ask someone to support you with this.

Do not sign unless you or the person supporting you are happy with the agreement.



A family member or friend can apply to become your advocate if you find it hard to make a decision.

This means they can help you decide if you cannot do it on your own.

They can then help you with signing your tenancy.



Service charges are sometimes part of the tenancy agreement.

Make sure you know what you are paying for in the service charge and are happy to pay for it, things like:

- window cleaning
- gardening work



While in Supported Living you will need to pay an equal share of the bills: water, gas, electricity.

If you will be living in a single flat, you will have to pay the full bill. Your family, friends or support worker can help you budget.

# Moving into your Home



You should prepare for the move. It can be a big change to live elsewhere.

Make sure everything has been organised, for example:

- your belongings are packed and ready
- your furniture is in place
- people who need to know about your change of address have been told
- you have registered with a GP near your new home



It will be good if you make your own personal list.

Family, friends, and your social worker can help you with this.



# Living in your new Home



Once you are in your new home you will need to pay for things such as bills, groceries, and travel.



If you need any help with budgeting, preparing meals or shopping you will be supported by a member of the support staff.

Or helped to use technology to make these tasks easier.



If you have trouble getting around your house or garden or using things in your house, you can talk to your support staff about it.



If you need changes made to your home, you might be able to get a grant to pay for it.

You can apply to your local council for a Disabled Facilities Grant (DFG) to make your home more suitable and comfortable.



You will have to look after your home and follow the rules of your tenancy agreement.

You should respect the people you live with as well as neighbours, for example not playing loud music.



In shared homes living rooms, dining rooms and kitchens will usually have furniture already there.

A fridge, cooker, washing machine will be provided by the landlord.



If you live in a shared home, you will be able to have your own furniture and decorate your room.

In single flats you will be able to furnish and decorate the whole flat.



There might be another bedroom in the home for support staff who will be staying to give support overnight.

# Care and Support



Your Care and Support Plan will have information on what support you need and how it will be given to you.

It will have other useful information for example how you liked to be communicated with.



A Care and Support plan will help you:

- stay as independent as possible
- have as much control over your life as possible
- do the things you enjoy
- learn new skills
- help you with things you find difficult
- what type of care is right for you
- tell your family and friends how they could help



It is important you get to know your community to find out what activities and local services you could use.

You can talk to your housemates or support staff about what is available locally that you would enjoy.



Using technology such as a mobile phone, tablet or Alexa device can help you be more independent.

It can keep you connected with friends and family and be used for entertainment and daily tasks.

Your support staff can help you with this.



When you move into your new home you should register with a local GP.

Your support staff can help you with this.

# Useful links and resources



## **Disability Rights**

<https://www.gov.uk/rights-disabled-person>

## **Planning the Future / Together Matters**

<https://www.togethertomorrow.org.uk/planning-the-future/>

## **Tenancy Agreements Information**

<https://www.citizensadvice.org.uk/housing/renting-a-home/tenancy-agreements/>

## **Tenancy Service Charges**

<https://www.gov.uk/leasehold-property/service-charges-and-other-expenses>

## **Housing Benefit**

<https://www.gov.uk/housing-benefit>

## **Registering with a GP**

<https://www.nhs.uk/using-the-nhs/nhs-services/gps/how-to-register-with-a-gp-practice/>

## **Hospital Assessment Form**

<https://hgs.uhb.nhs.uk/wp-content/uploads/Hospital-Assessment-Traffic-Light-System.pdf>

## **Care and Support Plans Information**

<https://www.nhs.uk/conditions/social-care-and-support-guide/help-from-social-services-and-charities/care-and-support-plans/>

## **Social Care Assessment**

<https://www.essex.gov.uk/get-social-care-help>

## **Become someone's deputy**

<https://www.gov.uk/become-deputy>

## **Deprivation of Liberty Safeguards (DoLS)**

<https://www.scie.org.uk/mca/dols/at-a-glance>

## **Home Fire Safety**

<https://www.gov.uk/government/publications/make-your-home-safe-from-fire>

## **National Autistic Society**

<https://www.autism.org.uk/>

## **Family Carer Support Service**

<https://www.hft.org.uk/our-services/family-carer-support-service/>

## **The Care Act**

<https://www.legislation.gov.uk/ukpga/2014/23/contents>