

**Towards Independence**

# **Housing**



# Towards Independence

## Housing



When you become an adult you may want to move out of home.

There are many things to consider such as where would you live, who do you want to live with and what support you may need.

This leaflet will help you think about your options and give you information on who can help you.

The sections in this leaflet help you think about:



• What type of place do you want to live in?



• Who do you want to live with?



• What is important about where you live?



• What support will you need?



• Who can support you?



## What type of place do you want to live in?

There are a wide range of options available. If you need support to live in any of these places then this may be provided by adult social care.

### Private Landlord

A private landlord is someone that owns a house or flat and finds someone else to live in it and pay rent. You can rent a home from a private landlord through an estate agent, directly with the landlord or through adverts in newspapers and newsagents. A member of your family could also be your landlord.

Renting from a private landlord is not guaranteed for a long time and can vary from 6 months to 5 years.

You can get this type of housing quite quickly and it can be good to just try out independent living or living with friends.

The landlord will repair and maintain the property.

### Council Property or Housing Association

Housing associations and local councils own homes that they rent out. To get a council or housing association property you will need to put your name on the housing waiting list. This is a list of people that are looking for somewhere to live.

You will have a secure tenancy which means that as long as you do what it says in the tenancy, you can stay there as long as you need.

The council or housing association will maintain and repair your home. Some housing associations provide housing especially for disabled people.

Renting from the council or a housing association is usually cheaper than from a private landlord.



# HOUSING

## **Buy your own home or shared ownership**

You can buy your own home outright or through shared ownership with a housing association.

If you own your own home then you will need to pay for any repair and maintenance costs. If you buy your home through shared ownership, you may be able to get maintenance and repair service through the housing association.

## **Cluster flats**

Cluster flats are supported housing where people have their own flats in a development with others. There are usually shared eating and social facilities.

There are schemes just for people with a learning disability. There is usually 24 hour support available.

People that live in cluster flats are tenants and pay rent.

Cluster flats are good if you want your own home but want to still have the company of others.

## **Residential care home**

A registered care home is a home that is set up for people who share a similar disability. You live in a group and share a home with them. You will have your own bedroom.

Usually there is 24hr support available at the home. The home will organise your food and care needs and therefore you will need to pay them for this.

Registered care homes can vary in size and can have between 3 to 10 people living in them.

## **Adult placements and supported lodgings**

An adult placement is when you live with another family.

They provide you with support.

Supported lodging is when you rent a room and your landlord offers you support.



## Who do you want to live with?

When thinking about where you want to live, you will need to think about whether you want to share with others or live by yourself.

When deciding it can be useful to think about:



- Do you like being on your own?



- Do you like being with lots of people?



- Do you like noise or do you prefer quiet?



- If you did share a house, who would you like to live with?



## What is important about where you live?

### Location

You will need to think about where you want your new home to be. Do you want to:



• Live close to family and friends?



• Live near a town centre so that you are close to shops?



• Live close to work or college?



• Live on a bus route or be close to a train station?



• Live in a town or in the country?



• Live somewhere quiet or somewhere lively?

### Facilities

Different properties have different features. You will need to think about what is important to you about where you are going to live.



• Do you want a garden or access to a garden space?



• Do you want your own bathroom or are you happy to share?



• Are you able to climb stairs or would a bungalow be better?

### Adaptations/accessibility

You may need adaptations made to where you are going to live in order to for you to be able to live there comfortably and as independently as possible. It is important that you tell people about any adaptations you need early on as it can take time for them to be made.



## What support will you need?

When thinking of moving out of home it is important to think about what you are able to do for yourself and support you might need.

If you feel that you need support to live independently you can contact the Community Services Team and ask for an assessment. They will then ask you what support you need day to day.

Support packages can vary from a few hours a day/week to 24hrs a day. You may not need someone to visit every day and may only need support with certain tasks.

When thinking about what support you need consider whether you need help with:



• Shopping



• Planning and cooking food



• Personal care (bathing/showering, washing hair, dressing)



• Housework



• Health needs



• Planning your day and keeping active



• Managing your money and paying bills



• Using public transport



• Keeping in touch with family and friends



## Who can help you?

### Community Care Services

You can contact Community Care Services and ask for an assessment. If you are eligible for a service then they will work out a Personal/ Individual Budget for you to use to live more independently. They also have a Supported Living Service and a brokerage team that can help people with a learning disability.



**Tel:** 020 8547 5757

**Email:** [contact.us@rbk.kingston.gov.uk](mailto:contact.us@rbk.kingston.gov.uk)

**Website:** [www.kingston.gov.uk/communitycareservices](http://www.kingston.gov.uk/communitycareservices)

### Kingston Centre for Independent Living

Kingston Centre for Independent Living is a user-led organisation based in Kingston upon Thames. They provide a range of services to ensure that disabled people who live, work or study in Kingston are able to lead independent lives.



**Tel:** 020 8546 9603

**Website:** [www.kcil.org.uk](http://www.kcil.org.uk)

### Housing Options

Housing Options is a housing advisory service for people with learning disabilities. Their website also has photos and Easy Read information on different housing options and things to consider when looking at where to live.



**Tel:** 0845 456 1497

**Email:** [enquiries@housingoptions.org.uk](mailto:enquiries@housingoptions.org.uk)

**Website:** [www.housingoptions.org.uk](http://www.housingoptions.org.uk)