

Supported Living Information Sheet



What is it?

- ✓ Supported living is Sheffield City Council's preferred model of care for people with a learning disability.
- ✓ It gives people more rights, choices, and control over their own lives.
- ✓ The term Supported Living can be used to describe the model of care delivered to someone in their own home e.g. family home. It can also describe the care **and** accommodation solution for an individual.
- ✓ It can help someone who is finding it difficult to cope at home. It could also be the next step towards gaining more independence in your life.
- ✓ It is particularly helpful for people with a learning disability who may need a little extra help in some areas of their lives whilst maintaining a high level of independence in others.
- ✓ Supported living is flexible and can look very different for different people.



- ✓ For one person it may be a few hours support a week to live alone in a flat, for another it may be round the clock support to live in a home they own, and for others it may be a shared house with multiple housemates and support to meet their individual needs.
- ✓ Care costs are usually met by the Council and rent cost met by Housing Benefits. A financial assessment will determine whether you must contribute to those costs.

Benefits

- ✓ I have greater choice regarding who I live with, who comes into my house, and where I want to live
- ✓ I can have greater choice regarding how I am supported and who supports me
- ✓ I can choose my friends and relationships
- ✓ I am supported to be healthy and safe
- ✓ I get help to make changes in my life
- ✓ I can choose to take part in my community
- ✓ I can hold my own tenancy
- ✓ I have the same rights and responsibilities as other homeowners
- ✓ I pay my bills and can spend my disposable income on the things that matter to me
- ✓ I'm supported to be a good tenant



How do I access it?

- ✓ You need your own allocated social worker to access Supported Living
- ✓ Supported Living accommodation is arranged by social workers who can talk to you about what outcomes you want to achieve, where you want to live and who you want to live with. They will tell you about the different options and the costs
- ✓ The cost of the care and support is met either by the council or you, depending on your income and savings.
- ✓ If you do not have a social worker but want to find out more about Supported Living please get in touch with the First Contact Team
- ✓ Sheffield City Council has an approved list of Supported Living providers who have been assessed and continue to be monitored regarding the quality of care they deliver
- ✓ Sheffield City Council can help you to find a Supported Living solution to meet your needs. We maintain a database of vacancies across the city for those who are looking for both accommodation and support
- ✓ Your allocated social worker will support you to explore the options available to you
- ✓ Supported Living is never an emergency solution and should be explored as a planned progression towards being more independent. For this reason, it could take a few months to identify and implement a care and accommodation model that suits you
- ✓ Your social worker will ensure you and your families views and preferences are considered as part of the Supported Living process and they will endeavour to keep you updated throughout.

