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Supported Living Explained

Brave Decisions. Better Lives.

What is **Supported Living?**

Supported living helps people live as independently as possible in their own home while receiving the support they need to live safely, confidently, and achieve their personal goals.

Unlike residential care, supported living allows people to have their own tenancy or housing arrangement and make decisions about how they live their lives. Support is then tailored around the individual, providing the right level of assistance while promoting choice, independence, and control.

Supported living is commonly used by people with:

- Learning disabilities
- Autism
- Mental health needs
- Physical disabilities
- Acquired brain injuries
- Other support needs that affect day-to-day living

How Does **Supported Living Work?**

Every person's support package is different.

Some people may need a few hours of support each week, while others may require assistance throughout the day, overnight support, or 24-hour care.

Support is designed around the person's individual needs, preferences, and goals, helping them to develop skills and live the life they choose.

This could include support to:

Manage a home

Build confidence and independence

Develop daily living skills

Access education, employment, or volunteering opportunities

Manage finances and budgeting

Maintain relationships and social connections

Access healthcare and community services

What Support **is Available?**

Daily Living Skills

Support with developing practical skills such as:

- **Cooking and meal preparation**
- **Shopping**
- **Cleaning and household tasks**
- **Laundry**
- **Personal organisation**

The aim is often to help people become more independent over time wherever possible.

Personal Care

Some individuals may require support with personal care, including:

- **Washing and bathing**
- **Dressing**
- **Medication support**
- **Maintaining health and wellbeing**

The level of support is tailored to individual needs and preferences.

Managing a Home

People may receive support with:

- **Paying bills**
- **Budgeting and money management**
- **Understanding tenancy responsibilities**
- **Correspondence and appointments**

Community Access

Supported living encourages people to play an active role in their local community.

Support may include:

- **Attending social groups and activities**
- **Using public transport**
- **Building friendships and relationships**
- **Accessing employment, education, or volunteering opportunities**

What are the Benefits of **Supported Living?**

Supported living offers many benefits, including:

Greater Independence

Individuals can make choices about their daily routines, lifestyle, and future goals while receiving support when needed.

More Choice and Control

People have greater involvement in decisions about where they live, who supports them, and how their support is delivered.

Building Confidence

Support focuses on developing skills, confidence, and independence rather than doing things for people.

Living as Part of the Community

Supported living helps people remain connected to their local community and participate in activities that are meaningful to them.

Supported Living
vs Residential Care

Although both services provide support, there are some important differences.

Supported Living

- Individuals live in their own home or tenancy
- Greater independence and control over daily life
- Flexible support tailored around personal goals
- Focus on developing skills and independence

Residential Care

- Individuals live within a care home setting
- Accommodation and support are provided together
- Staff are available on-site at all times
- Suitable for people who require more intensive daily support

Neither option is better than the other. The right choice depends on the individual's needs, preferences, and personal circumstances.

How is **Supported Living Funded?**

Funding arrangements vary depending on individual circumstances.

Support may be funded through:

01 **Local authority funding**

02 **Personal budgets**

03 **Direct payments**

04 **NHS funding in some circumstances**

05 **Self-funding arrangements**

Your local authority or care provider can explain the options available and support you through the assessment process.

Questions to Ask When Exploring **Supported Living**

If you are considering supported living, it may be helpful to ask:

- What level of support is available?
- Can support increase or decrease as needs change?
- How are support plans developed?
- How will independence be encouraged?
- What opportunities are available within the local community?
- How are family members involved in planning and reviews?
- What training and experience do support staff have?

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We're Here to Help

Moving into supported living can be an exciting step towards greater independence, confidence, and opportunity. While the process may feel daunting at first, the right support can help people build the life they want while remaining in control of important decisions.

If you're exploring supported living options for yourself or a loved one, our team is here to answer your questions, explain the available support, and help you find the right solution.

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Need advice? Contact our friendly team to discuss supported living and how we can support you or your loved one on their journey towards greater independence.