

Appendix 9

Supported Living Options Explained

Appendix 9 – Supported Living Options - Explained

What is Supported Living?

1. Housing with support is often called Supported Living or Independent Living. What both of these terms mean is that a person has their own home and support is put in place to help them live independently. This could mean that they are supported for a few hours a week, everyday, overnight or 24 hours a day. The support is carefully planned to meet their needs to live independently.
2. Supported Living is about people having lives and homes of their own. Individuals are supported to live in the way that they want to. It is:
 - people having their own home (tenancy or ownership), which is contractually or practically separate from their support.
 - people choose how they live, where they live, who they live with and who supports them.
 - Support is planned individually – according to an individual's need, support can move with the individual, even if they move house.
3. Supported living is not just for people who are 'able'. Anyone, regardless of their ability, can be supported to live in their own home with the right support.
4. Supported Living focuses on one person at a time and concentrates on relationships, making use of informal support and community resources.
5. Housing and support is built around an individual's needs rather than the individual fitting in to an existing service.
6. Housing and support are separate; the support provider and the housing provider can concentrate on what they do best.
7. People have security of tenure and cannot be moved against their will.
8. Supported Living is **not** about living alone, without support.
9. Registered Care Homes do not provide supported living.
10. Providers who provide personal care needs to people living in supported living schemes might need to be registered under Domiciliary Care Regulations.

11. In supported living, people are supported to take control of their life.

What is Supported Housing?

12. Supported housing - is where supported living takes place. In some cases supported housing can be shared housing. This means that each person has their own room but may share a living room and/or kitchen. However some supported Housing is fully self-contained and requires no sharing of facilities. The model varies according to need of the individual and is arranged to best meet those needs.
13. In Supported Housing each person living in the house is given a tenancy agreement that sets out the responsibilities of the tenant and the landlord. This tenancy agreement will state how much rent has to be paid each week or month and will explain how repairs and maintenance are organised.
14. Housing Benefit can be claimed and pay for housing costs, if eligibility is met. In addition the full range of welfare benefits can also be claimed to help pay for daily living costs.
15. The staffing is dependent on the needs of the people who live in supported housing and could be anything between 24 hours a day to only a few hours a week.
16. In a shared house, responsibilities such as cooking, cleaning and paying the bills are shared. In self contained housing, the tenant has sole responsibility for these tasks. In both situations support staff are available to help an individual manage their daily living. The amount of help provided depends upon an individuals needs. Support is always given in a way that helps the individual be as independent as possible and to do as much for themselves as possible.

What is Extra Care Housing?

17. Extra care housing is one type of supported housing. In this model, people have their own self contained flat in a development with others. The flats have a kitchen, bathroom, sitting room and bedroom. These are not shared with anyone, unless a bigger flat is chosen specifically to set up a prearranged flat share with someone. The development is built to be fully accessible for people with disabilities or who may need to use a wheelchair.

18. There is usually a communal restaurant and social facilities that people living at the development can choose to use or not use.
19. Extra Care Housing is generally for older people but most schemes also have some people with a learning disability who also live there. Some schemes may have people with a learning disability living with their parents who may be getting older.
20. There is usually 24 hour support available in extra care housing along with an intercom alarm system for emergencies. People with learning disabilities may also have extra support provided especially for them, if they need it.
21. People can be tenants or leaseholders. Housing costs, support and care costs are paid for separately.
22. Extra care housing is good for people who want their own home but want the security and company of others around them.

What is the difference between Supported Housing and a Registered Care Home?

Registered Care Homes	Supported Living
<p>The home that is set up for people who share a similar disability. The Home is regulated by the Care Quality Commission (CQC) and has to provide set services focused in and around the home. When vacancies arise a person applies to move into an established home. Generally the same service is offered to all residents in a care home.</p>	<p>The housing and support packages are specifically set up to meet the needs of the individual.</p> <p>The housing may be with other individuals in the same house. This may be with shared ownership or with individual assured tenancies.</p> <p>If the support / care provider are providing personal care they will be registered with CQC who ensure that certain standards are met.</p> <p>If the person moves on, then their support can move with them to a new location. If a vacancy arises in a shared house then another individual can join the house as long as everyone is in agreement. This will mean that a new package of support will be set up for the newcomer and that it might be necessary to modify any pre arranged joint aspects of the support package.</p>
<p>The accommodation and care</p>	<p>The accommodation is provided</p>

Registered Care Homes	Supported Living
service are provided together as a whole package.	separately to the support and care package. The individual can choose an alternative support or care provider (if required) and can remain in their home without having to move. Alternatively the individual can move and take their carers / supporters with them.
A person has no security of tenure and can legally be moved without consent.	A person in supported living has security of tenure and cannot be moved against their will unless the tenancy is breached.
Most welfare benefits go directly towards paying for the placement costs; a small personal allowance is paid to the individual.	Housing Benefit and a full range of welfare benefits can be claimed. This is paid in full to the individual who then has to use this to pay for daily living costs.

What is a Shared Lives Scheme?

23. Shared Lives offers adults with a learning disability, accommodation in family homes in the local community. Accommodation is with a family, where sharing family life is part of the arrangement, this is referred to as Shared Lives but was formerly called Adult Placement. This enables the person to have the supportive care they need to live an independent life of their own choosing.
24. Shared Lives families can offer a full range of support including personal care.
25. The support which Shared Lives provides is designed to benefit the whole family. It can provide families with a break, as well as a chance for the Service users to take part in things they enjoy. They will also have a chance of meeting new friends from outside the family circle.
26. The scheme has the following features:
 - A team has been set up in North Somerset to be responsible for approving and training the Carers, the team will receive referrals and match the needs of service users with Shared Lives Carers and will have a responsibility to provide ongoing monitoring of the arrangements.
 - People using SL services have the opportunity to be part of the SL Carer's family and social networks.
 - Carers provide committed and consistent relationships

- The relationship between the Carer and the person placed with them is of mutual benefit
 - Carers can support up to three people at any one time, depending upon the assessment process.
 - Carers do not employ staff to provide care to the people that they support.
27. This scheme will give people with learning disabilities more choice and flexibility to live the lives that they choose.
 28. In a Shared Lives arrangement, the individual usually shares the whole house and mealtimes whilst having the privacy of their own bedroom.
 29. Shared Lives Schemes are registered by the Care Quality Commission (CQC).
 30. Matching is a key feature of Shared Lives arrangements. Matching of the individual and the Shared Lives family will be done by the North Somerset Shared Lives Worker in close consultation with the person and their family, their care manager and other key people who know the individual well.
 31. In Shared Lives the host family undergoes a thorough assessment and approval process to make sure that they have the skills and knowledge to carry out their work. The process involves a number of meetings, a comprehensive training programme and presentation to an Approval Panel.
 32. The individual living with the family receives most of their day to day support directly from the host family. The level of support will depend on the needs of the individual.
 33. People living in Shared Lives arrangements are also be entitled to use existing community care services like home helps, nurses and physiotherapists depending on the level of support they need.
 34. Shared Lives arrangements for some very severely disabled people have proved very successful although as with any family the presence of additional support is an essential part of a comprehensive care package including use of respite and short breaks services.
 35. One of the features of Shared Lives Schemes is the flexibility to meet different needs. It has however been a criticism of Shared Lives that it does not offer the same occupancy rights that go

with owning or renting your own home. People living in Shared Lives arrangements are provided with a licence agreement but this does not offer the same security as an assured tenancy. The guest can be asked to leave at four weeks notice and has no legal means of challenging such action.

36. However, Shared Lives families do not enter into such arrangements lightly. They do so only if they feel able to provide accommodation and support for the length of time required by the individual. Many Shared Lives arrangements are stepping stones to more independent living and are time limited – others are more open ended. Situations can arise that result in Shared Lives families moving house or taking a job out of the area.
37. Evidence from existing Schemes shows that Shared Lives arrangements can be very successful even for very severely disabled people. There can be much greater scope for promoting choice with Shared Lives than traditional services.

For More information on Supported Living Options contact:

Alison Stone
Planning & Development Manager
Learning Disability Services
North Somerset Council / PCT
Tel: 01934 42 6035
e-mail: alison.stone@n-somerset.gov.uk

Alternatively, the Housing Options website offers a vast amount of useful information on housing for people with learning disabilities.

www.housingoptions.org.uk