



## Supported Living in Essex



Essex County Council (ECC for short) has put together a guide about: Supported Living for People with Disabilities and/or Autism.



Supported Living is housing for people with disabilities who want to live independently but may need some help and support.

It helps people become part of their community and to have their support needs met the way they choose. Essentially it is a base for the person to lead a life which is meaningful to them.



This document is about what Supported Living should be like to make people who live there have a good home and life.



There are around 1,137 adults living in Supported Living in Essex. ECC pays for the care and support they receive.

There are 360 Supported Living 'schemes' in Essex and more are being registered.



ECC has a process to approve new Supported Living Schemes. This is called on-boarding. On-boarding makes sure that Supported Living housing is of good quality.



Before on-boarding, there were some cases where adults were told they could no longer live in their Supported Living home.

There were also situations where the Supported Living Scheme they lived in was in bad condition and not a good place to live.



ECC works with Supported Living providers so that new schemes are created. This means there is always a good choice for people so they can decide where they wish to live.



ECC has learned a lot over the years about what works well and what doesn't when it comes to Supported Living.



'Reach Standards' are a set of helpful rules for Supported Living:

- I choose where I live,
- I choose who I live with,
- I have my own home,
- I choose who supports me and how I am supported,
- I choose my friends and my relationships,
- I get help to make changes in my life,
- I choose how to be healthy and safe,
- I choose how I am part of the community,
- I have the same rights and responsibilities as other people



There are many benefits to Supported Living, like the adult owning a home or tenancy and giving them more security.

They will have the right to decide who supports them and can change that without moving home. They will also have a say who, if anyone, lives with them.



Adults in Supported Living will receive care and support paid for by ECC, and their home will be paid from their housing benefit.



ECC visits and makes basic checks at new and existing Supported Living schemes to make sure they are a good and a safe place to live.

This is done together with the landlord of the property and the Supported Living care provider.



Supported Living schemes must be of a certain size so that anyone who lives there has enough living space.

There should be no more than 4 people living in a shared house and no more than 14 individual flats at any scheme.



There needs to be access for wheelchairs and any equipment that the people who live there need.



There need to be enough bathrooms for everyone to feel they can have privacy.



Shared spaces such as a living room, dining room and kitchen will be available to people living at a scheme and in some cases also a garden.



Some furniture and appliances might already be present, but adults will have their say in what is in their home and be able to decorate.



There will often be another area for carers who will be staying at the scheme overnight, either awake or sleeping.

Here are some examples of places that were successfully on-boarded as Supported Living.





When an adult moves into a scheme it is important they can get on well with others already living there.

If they don't this could cause conflict, anxiety or anti-social behaviour.



Adults living together in Supported Living should have similar care needs.

This helps any support they might share be better used and more appropriate for their needs.



Each Supported Living scheme will have a Scheme Lead. This is a person who works for ECC and who is the point of contact with the scheme.

They get involved when an adult moves into the scheme or if there is an available spot at the scheme.



When there is a vacant spot at a Supported Living scheme, ECC will look at waiting lists to see which adults might be interested.

The adult's social worker will be involved to support the process, and the adult who is interested in living at the scheme will be able to visit it before they make any decisions.



Assistive Technology (AT) is the name for products that help people with disabilities to live more independently, whether they live in the community, Supported Living or a residential home.





Technology is a growing part of all of our lives. ECC is encouraging Supported Living schemes to use technology to help people.

It could help people stay connected to their families and friends, help with independence like shopping online, or help plan their days and activities and keep people safe.



The Supported Living provider should help the adult living in Supported Living become more independent.

In the future they might want to move out to live somewhere else.



When an adult moves out of Supported Living the landlord will let ECC know about it. This will let another adult move into the empty room or flat.