



Easy read

Housing – choosing where you want to live

Self-directed support: an Easy Read guide to getting the help and support you need





Self-directed support: an Easy Read guide to getting the help and support you need



Self-directed support is all about being able to choose the help and support you want.

We are writing lots of fact sheets to help you. Each one tells you more about **self-directed support** and where you can go to find out more information.



This fact sheet is all about **housing and choosing where you want to live**. Some people who get help and support can have problems finding a good place to live. This is changing. Now people who need help and support can choose where they want to live.

Choosing where you want to live



Choosing where you want to live is very important. There are lots of different places to live. You need to think about what works best for you. You can live in



A care home – a care home is somewhere you live with other people. You get help and support while you are there. The money you pay to live in a care home includes everything – this means your support, food, lighting and heating



A council property – this is a place you can live in from your **local council**. Your **local council** is in charge of things where you live. You pay the local council money called rent to live in one of their houses. There are places you can live on your own and places where you get some help



A housing association – a **housing association** own houses in the area where you live. These houses can be good for elderly people and people who need help and support



A private house or flat – you pay money to a **landlord** to live here. A **landlord** is the person who owns the house. This money is called **rent**

Other places you can live

You can



Buy your own house – this means you own the house and live in it on your own or with other people

Shared ownership – **shared ownership** means you buy the house and rent it at the same time. This can be a cheaper way to get your own home

Where you live



You need to decide what kind of place you would like to live in. Before you do this it is a good idea to think about

- why you want to move
- when you want to move
- where your house will be
- who you want to live with – do you want to live on your own or with other people?
- do you need to live near to where you work or your family?
- transport – do you need to be able to get out and about from where you live?
- being safe – is it a safe area for you to live in?

Other things to think about



There are other things to think about when you get a house. You need to think about



Your support – you might need help and support to stay safe where you live. Your **local council** need to say they will give you money to pay for this support before you can move in. Your **local council** is in charge of things where you live



Other money you get – you will need money to live and money to pay for help and support. You can ask your **local council** for advice about this. They will help you look at all the different ways you can get money to pay for the things you need



Your family helping you – some people can get help with money from their family. A lawyer can give you advice about what to do when your family help you with money



Deciding what to do – you need to make sure that you are happy with what you decide and where you live. If you need help to decide things then the **local council** will need to know about this. This can take time to sort out



Your **care manager** or **social worker** can help you with this. They are people who can help you find the right support

People who can help you

There are lots of people who can help you decide what to do. You can get help from



Your local council – your **local council** are in charge of things where you live



Housing associations – **housing associations** own houses where you live. You can have a meeting with them to find out the kind of places you can live in. You can do things in different ways when you live like this. For example, you might be able to pay rent money that goes towards buying the house. This is called **shared ownership**



Other families – talk to other people you know who are in the same position as you. They will be able to tell you what happened to them and the people they are supporting in their family



Other local groups – this means groups where you live who can give you advice and support



Someone who knows about rent and house prices – this might be someone like an **estate agent**.
An **estate agent** is someone who buys and sells houses for other people



Your friends and family – they might be able to give you advice on what to do. They might know someone who works in housing who can help you

The area where you want to live



You need to think about the area where you want your house or place to be. You might not be able to decide where you want to live straight away. You might want to



Visit the area at different times – this means going to the area in the day and at night. Sometimes places can be loud or noisy at night but quiet in the day

Visit the shops

Find out about the doctors or the library – can you find them near to where you want to live?



Ask people who live there already what it is like – you can do this by going to visit and talking to people



Take someone with you – they can help you decide if you want to live in the area or not

Read the local newspaper – this can tell you a lot about the area you want to live in

More things to think about



It is a good idea to ask lots of questions before you move into a new place or a new area. Try and find out as much as you can.

You have to decide if you have enough money to live in the place you want to be. Houses can be very different. You need to find the place that is right for you.



Some houses you want to live in might not be finished yet and you will have to wait to move in.



Everywhere is different. Here are some more things to think about



Being safe – some places will be safer to live than others. Make a list of the things you need to keep you safe. This will help you decide on where you want to live. For example, you might want to live near to other people so you are not on your own



Private renting – this means you pay money called **rent** to a **landlord**. The **landlord** is the person who owns the house or flat. This can be a good way to do things but you need to check how long you can stay



Living in a care home – this means you have everything you need in one place. This can be a good thing but you need to find out how long you can live there. Some care homes can get closed down



Sharing with other people – this means you share a house or flat with other people. This can be a good way to pay less money but you need to decide that you will be happy living together. It is a good idea to know someone well before you decide to live with them



Owning your own flat or house – this can cost more money and it means you have to sort everything out yourself. You might want to do this as a **shared ownership**. This means you buy the house and rent it at the same time. This can be a cheaper way to get your own home



Help from the government – some houses are cheaper to live in because the **government** help to pay for them. Your **local council** can tell you more about how to get help to live in one of these houses



Staying where you are – if you do not want to move then you could ask for money to make changes to your house. This money is called a **grant**. A **grant** is money you can get to help pay for things. Your **local council** can tell you more about this



Talk to a housing lawyer – a **housing lawyer** is someone who knows what the law says about houses and the rules you have to follow to live somewhere. They can help you decide what the best thing is to do



Stephen's story

Stephen uses a wheelchair and needs a lot of help and support. Stephen's family decided that when he was 19 years old he should move into a place on his own.



They looked at lots of places but nowhere was right. Then they met a local builder who told them he could build somewhere for Stephen to live that was still part of the family house.



The builder made Stephen's part of the house easy for him to live in and use. Stephen's family got help from a **housing association** to make this happen. **Housing associations** know a lot about housing and have houses you can live in, in your area. The **housing association** bought Stephen's part of the house for him and he pays rent money to live there.



Stephen pays for any other support he needs out of his **Personal Budget**. A **Personal Budget** is money you can get to pay for help and support.

How to find out more

You can find out more about everything to do with housing and finding and choosing where you live.

You can get help with this from



Housing Options

Stanelaw House
Sutton Lane
Sutton Witney
Oxfordshire
OX29 5RY



Telephone **0845 456 1497**



Email **enquiries@housingoptions.org.uk**



Website **www.housingoptions.org.uk**

You can get help from a group called
My Safe Home



Telephone **08000 121 333**



Website **www.mysafehome.info**

You can find out more about staying in control
by going to

www.in-control.org.uk



You can **download** a DVD to watch on your
computer by going to

www.in-control.org.uk/dvd

Download means saving information on your
computer so you can look at it when you are ready.

You can buy the DVD and books that tell more on the internet by going to



www.in-control.org.uk/shop

Or you can buy the DVD and the books from



In Control Support Centre
Carillon House
Chapel Lane
Wythall
B47 6JX

How to get help



To get more help you can contact the Learning Disability Helpline. You can do this by



Telephone **0808 808 1111**



Text **07717 989 029**



Email **help@mencap.org.uk**



If you want to read more fact sheets, you can go to **www.mencap.org.uk/incontrol**