In this booklet you will find information about where people are supported to live independently.
Contents

Introduction Page 3

Types of Accommodation Page 4

Supported House Pages 5 - 6

Small Residential Home Pages 7 - 9

Larger Residential Home Pages 10 - 11

Shared Lives Pages 12 - 14

Assistive Technology Pages 15 - 16

Person Centre Planning Page 17

Direct Payments Page 18

Supported Living in the Future Pages 19 - 21
Introduction

Sefton Council wants to help people to be supported to live as independently as they can.

If you are wanting to live independently a Social Worker will come to visit you to talk about your own needs. They will follow a set of questions - this is called an assessment.

The assessment will show the social worker what would be the best type of support for you.

The assessment is person centred and listens to what you are able to do and where you need support.

It will look at what support would be available from family and friends to help you get involved in the community where you live.

Before the social worker finds you a place to live with other people, they will look at if you would get on with other people in the home. This will include not looking at homes where you would not get on with other people as they have different needs to you.

Also some people may need less or more levels of support to you so that home would not be suited.
Types of Accommodation

**Supported House**
This is when you live in your own home, possibly sharing with your friends. Care Workers will come to your home to support you to live independently whilst remaining safe and happy.

**Small Residential Home**
Is for about 10 people all living together with shared spaces such as living and dining areas. Each person has their own room with a key. Staff are there all the time helping whenever they are needed.

**Larger Residential Home**
Is when larger groups of people live in the same building. This could be 20 people sharing spaces like living rooms or dining rooms. They all have their own bedrooms with a key just for them.

**Shared Lives**
Is when a person lives with an approved family who are shared lives carers. They live in the their home and are supported as part of that family. Assistive Technology may be used to help them be safe.

**Assistive Technology may be used to help you be safe in any type of home.**

---

**Our House**

**Small Residential Home**

**Larger Residential Home**

**Shared Lives**
My name is Paul. Since October 2011 I have been living in a supported house.

I live with 5 other people. We are all good friends.

My sister and my family come and see me in my house and I go to visit them.

I have my own bedroom. It has a big TV and I have sky sports. We have a large garden with chickens and ponds.

My support staff in my house are lovely. They use my Person Centred Plan and know what I like and do not like.

In our house we all have jobs to do around the house. I go shopping on Monday. On Wednesday I cook and do the dishes.

I also have to hooover and dust. The staff have helped me to learn how to do these things.

I have been on holiday this year to Disneyland Paris.

If you would like to move into your own home don’t be scared. There are people who will support you and your family.
Paul moved into his home as a stressed young man with no strong sense of who he was.

Six months after being there he was shaving, bathing, cooking and helping out with the household chores all on his own. He moved in with no social skills and his home and support has given him a young man’s life back again.

Paul was living with his elderly mother and cared for by his family. Paul had no hobbies because we didn’t think he was capable.

He now does drama, has completed courses and has also learned to cope in situations where previously he would have asked for help from his sisters.

He is now able to work things out for himself including emotional situations….he knows what to do if he upsets someone or if he gets upset.

The two and a half years he has lived here has completely changed who his character and confidence.

I admit at first I was against him moving anywhere away from the family home, I felt guilty putting ‘him in a home’. Looking back I would not change a thing - It’s fantastic.

Mum was upset at first too but her health was failing and she was contented to see him settled and happy before she passed away.

As a family we are made up!
Small Residential Home

This is an example of a small residential home in Sefton.
5 people live here with support.

This is one of the bedroom.
Each person chooses with support how they want their own room to be decorated.
They have TV’s in their bedroom and hoists for the people who need them.

Here is the dining room where everyone eats together.
There are two large living rooms and a conservatory where people can watch TV or listen to music.
This is the conservatory which leads into the garden.

The garden has a outdoor seating and a barbecue area.

There are two bathrooms in the house. One upstairs with a shower.

The downstairs bathroom has a hoist and an accessible bath.

There is a large lift in the lounge which means that the whole building is fully accessible to everyone.

The home is very friendly and people who live here have their family and friends over for visits and also to have meals.
As my main concern is the care and well being for my son Tony. Tony has been living here for over 20 years, during this time he has flourished.

The home provides a family friendly atmosphere, all meals are eaten together in the dining room. Tony can sit in the cosy living room or relax in the comfort of his bedroom with his music.

I have nothing but admiration for all the staff, they are always friendly, approachable and open to suggestions. Tony is given an active timetable which caters for all his needs, stimulates him and is delivered by the dedicated staff.

It is a testament to all the staff that Tony has been given a better quality of life - it is home.

As a dad it is re-assuring to know Tony is safe and looked after in such a caring environment.

Steven has lived here for 9 years after moving from a residential home in Cheshire. Since he has moved in he interacts and socialises more….he has a better social life than me!

He comes home to stay often and over Christmas. We are fully involved in meetings and updates. The staff know what he likes and what he doesn’t like.
Larger Residential Home

This is a larger residential home for people with learning disabilities and dementia.

It has rooms for 17 people. All of the rooms are decorated how the person who will be living there would like it. People have all the things they like around them and have their own pictures on their walls. They have their own key to their room and personal space.

People are supported to take part in activities inside the home and outside. The home have sessions such as

- Craft and activities
- Sing alongs with a singer who comes in
- Sewing
- Painting
- Writing

People go to clubs that they are interested in. Some people in the house go to the same clubs, others go to other clubs on their own.

The home has trips out and have activities within the home where families come and join in.

There is a large garden where people enjoy eating outside and having BBQ’s.

People who are thinking about coming to live here are invited to come and have tea or stay over before they move in.
Phil moved into the home 2 months ago.....he is thinking about how he would like to decorate his room. He is loving living here and is getting involved with the activities and has made new friends.

Olive is 82 and has lived here for 32 years. I like living here, the staff are lovely and have helped me to get in contact with my family. I have pictures of my family on my walls and they come to visit me. I am going to see them at Christmas.
I like the good coffee, cakes and fun we have!

Brooke has been living here for 3 years. He is a young man who was not happy in supported living. He has settled in really well and has lots of activities he likes to take part in. He is a great singer and dancer and he likes to go to the gym and swimming. He goes home for stays with his family and his family pop in to see him anytime they would like too. He is looking forward to the activities the home have arranged.
Shared Lives

Shared Lives is about a household sharing their home, family life, interests and skills to help people live a fulfilled life.

It aims to grow the independence of the people who use the service. To make new relationships and give more chance to have new experiences.

The basis for the success of Shared Lives is “The Match”

This process involves meeting potential matches, getting to know each other, find out if they share common interests, before agreeing to move into Shared Lives.

This usually involves going for tea visits, staying overnight and is done at a pace that is acceptable to the person wishing to use the service.

Elaine and her husband Stan share their home with Richard and Linda.

Elaine and Stan also have other people to stay for short breaks. They are able to make each person who stays with them feel valued. This is how Richard met his best friend.
Richard's wish is to have his own home one day. He is working with his shared lives carers to get this.

Richard and Stan discovered that they were both huge Liverpool FC supporters.

This gave Stan the idea to look for opportunities for Richard to get involved with his club…….Richard now plays football for Liverpool FC for people with disabilities.

Richard has developed skills in being more independent. He is now able to travel to visit his family, prepare meals and drinks and hold down two voluntary jobs.

He has completed courses at Hugh Baird College and gained qualifications in catering and hospitality. He has had his first holidays abroad to Spain and Disneyland Paris.

Linda has developed a wonderful friendship with May, Elaine’s mum and they go out as friends on regular shopping trips.

Linda has successfully completed courses at Hugh Baird college in Literacy.
ELAINE - Sharing and caring!
I had a completely life changing opportunity seven years ago when I decided to stop my 9-5 life and become a shared lives carer. It was the best decision I have ever made. Although challenging at times, the satisfaction of knowing that I have had a little part of helping to enrich the lives of the people I support and enable them to become a little more independent and personally fulfilled is a wonderful feeling. Being a shared lives carer is just our family’s way of life and I enjoy every minute.

RICHARD
I am a happy chatty chappie!!
I love living in shared lives because my carer understands me and listens to me when I am worried or down and she helps me to work things out. I am more independent now and can travel to some local places on my own. I have learned to do some simple cooking with her support and she supports me to meet up with my friends, my girlfriend and my family. Elaine has also helped me to understand my money more.

LINDA - My big big family
I like living in shared lives because I have no brothers or sisters and since my mum and dad passed I have found this big family that makes me feel safe. I am never lonely and that makes me feel happy. My carer’s mum always makes me feel special too and we have lunches out together. I like to help with the cooking in the house and sometimes we all help make a lasagne together.
Assistive Technology means equipment that can help you. It uses different sensors or alarms placed around your house.

These sensors are linked to a centre which is supervised all the time. If you need help they will be with you quickly.

There are lots of different type of alarms and sensors. They can help people who want to stay in their own homes.

They can also help people feel better about moving into their own home.

The sensors will give the security they may need knowing someone is available all the time to help.

The sensors can be put in your home that can tell if you are safe. There are lots of different types of sensors. Here are just some of them.
The door entry system uses your television and telephone to help you to see and hear who is at your door.

Once you decide to let them in you can open the door with a button.

Sounder Beacon can be used to alert people using either a flashing light or a loud noise. This can be used for when the telephone rings or when a smoke alarm has started.

This is useful for people with hearing or visual difficulties.

There are lots of different alarms and sensors available.

If you think you can use these you can ring the Health and Social Care customer services number on 0845 140 0845

If you have a check up with a social worker they will think about if any of this equipment could help you.
Person Centred Planning is a way of providing care by

- listening to people
- learning what is important to a person and for them
- so that their life can be better, healthier and safe.

As the person is the centre of all the plan, they tell their family, friends and workers about what they would like now and in the future.

It is also important to remember that Person Centred Planning is not just for people who are able to speak up for what they want. Many people are not able to explain what they want from their lives through words.

They may need lots of support to make choices and decisions by using different ways to find out what people want.

They may need other people to speak up with them or for them, or have an understanding of their behaviours. They still have the right to live their life as they choose and Person Centred Planning can help this happen.
Direct Payments

A Direct Payment is money you can ask for if you have had a needs check and you would be able to get services provided by the Council.

Social Care will check how much support you need. It is a different way of getting the support, you use it to buy the support you want.

Support can mean different things.

- Support from a place or team of people like in a day care setting
- Staff where you live. You can interview and choose your own workers.
- Support with personal things like having a bath, washing or getting dressed.
- Support to live in your own house like help with money, cooking or cleaning the house or doing the shopping.
- Support to get you out and about like to see friends, help to join in things with other people, or someone to go on holiday with you.

The Direct Payments Team provides information, advice and practical support for all parts of the scheme. They are based in the Carers Centre in Waterloo and can be called on 0151 288 6070 or 0151 288 6071
**Model A** - Is for people with a physical or learning disability depending on their individual needs could be one of the following.

1. A suitable place to live for those who are the most vulnerable and have complex needs. This will include a support package with carers and may include some technology to help you.

2. People living with others in larger accommodation with some carers and some technology to help you.

3. People living with a little amount of carer support and use of technology to help you, also using formal and informal support available to them.

4. A person using technology to help you and using the community for support if needed.

In the future this means that the buildings used for this model may be larger and be homes for more people.
**Model B** - Is for people who have mental health problems.

Provide support that is there when needed because of a time of mental ill health. Short term accommodation and support to help get and keep longer term accommodation. Support that provides a basis for people getting back into work and independence.

**Model C** - Shared Lives Support.

This is when a person lives as part of a family in the families home. Independent living with a carer for the most vulnerable, using assistive technology as needed.
If you would like to comment about the vision and model for Supported Living please tell us here and put it in one of the boxes in the room.