

ANNEX 11: SUPPORTED INDEPENDENT LIVING ANONYMOUS CASE STUDIES

All names have been changed and identifiable data has been removed to protect the identity of the individuals concerned.

Laila's Supported Independent Living Story

Laila moved to Supported Independent Living accommodation after many years living in a residential home. Laila is very happy with the move as she gets to go out much more regularly than before and decides for herself what she does daily. Laila likes to be involved with the running of her home, she enjoys cooking and keeping her room nice.

Her family have noticed a positive change in her and are thrilled with the change. They commented that Laila is more confident and more independent than she was before the move. Laila has made friends in her new accommodation and said: 'I like the ladies. I see my sisters more. I like it!'

Samir's Supported Independent Living Story

Samir is in his 40s and wanted to move to Supported Independent Living for some time. The family was initially sceptical as they felt they needed 24 hours support, however since the move they are happy and more independent. When their family visits they do not prevent them from leaving like before. Samir no longer calls for support all the time. This is a big step for them! Samir enjoys being independent and having more choice and control over their life.

Godwin's Supported Independent Living Story

Godwin is in his 40s and has lived at home with his family his whole life. As his father was getting elderly, he had to move into the community. Godwin was reluctant to move as he was very comfortable at home. However, he is now enjoying living independently. Staff have supported him with travel training, and he now travels to the day centre alone. His goal is to get a paid job and staff are supporting him to look at options. Godwin has found a new independent life since moving out of his family home, he is very happy and settled at his new place.

Michael's Shared Lives Story

Michael lived with his parents until they died. He then moved in with his brother, but overtime Michael felt that this wasn't working for him, and he wanted to look at alternative options. Michael talked to his social worker who supported him to find a new home with a Shared Lives family and this has been a life changing experience for him.

Michael now lives with four other people in a family home. Two of the individuals also have care and support needs. He has his own bedroom but shares the rest of the house with the others. He has made friends with the people he lives with. He often gets the bus to the local town centre with his new friends; and they like to go to the

theatre and cinema together. Michael had not been to the theatre in a very long time, and he had forgotten how much he loved it.

Michael goes to his local lunch club and enjoys building new relationships there. He travels to work independently; and he enjoys going for a pub lunch with his brother. Travelling independently is a new skill for Michael which he has learned since moving to his new home; and this has increased his well-being, as well as helping him feel more connected to his local community.

Prior to Shared Lives he would always want reassurance from others before he did something, but now he makes his own decisions. He has more choice and control over his life. Michael enjoys his newfound independence and has planned a holiday with a friend, which they have organised with a Supported Holiday company.

Through Shared Lives Michael has been empowered to live a fulfilling and active life the way he wants to. He remains close to his family and has developed new friendships and is more involved with his local community.

Justice's Supported Independent Living Story

Justice is in his 30s who wanted to live in the community. He found a flat where he receives support from our Reablement team for transport and cooking. He also has a job and now goes to a local gym and is at university studying part time. He is diagnosed with epilepsy, and we used a community call to support his medication taking in the morning. This enables him to maintain his independence and not rely on a live-in carer, which he did not want. His family says that Justice is so happy in his new home, and he absolutely loves being independent.

Mark's Supported Independent Living Story

Mark lived in a shared flat for about 15 years. It was intended to be a temporary arrangement but was over extended. It was an institutional setting with small bedrooms, outdated bathrooms and toilets, and the front door opened onto a parking area. There was very limited private or personal space, so it seemed like they were living on top of each other. This lack of space often added to the stress that they felt under. They had nowhere to go for quiet time or a bit of space for themselves.

They have now moved into a beautiful large property where they rent their accommodation from a registered social landlord. The new house has a large garden and decking area. Mark has a very large bedroom where he likes to spend time. He often spends time in his room or in the sitting room. There is a large open plan kitchen where they can all cook together, which they could not do in the old house. Their new accommodation offers them a high-quality home environment that brings greater dignity and respect to the life of Mark and their housemates.