



My House

What is Supported Living?

A guide for the people we support

autism
west midlands

Supported living is when you live in your own home.



Staff will support you when you need it in your home and to access your community.



Supported Living is different to residential care, you are a home owner or have your own tenancy.



A tenancy is an agreement you have with your landlord that means you agree to pay your rent on time, be a good neighbour and look after your home.



You can choose who lives with you, who comes into your house and who supports you.



Your support might be for a few hours a day or all day and at night if you need it. Some of your support might be shared with other people who live with you and some will be just for you.



Your staff will support you to stay safe and help you to do as much as you can for yourself.



You will pay all your bills and buy your own food and things for your house. If you find it difficult to manage your money you may have someone help you to do this. This might be a family member or someone from Local Authority called an Appointee.



You may be able to claim benefits, which is money the government gives to people when they need support. This will help you pay your rent and help to buy what you need for day to day living such as food, things to help keep your house clean and activities.

What do Autism West Midlands do?

Autism West Midlands is a charity that supports people with Autism and their families.



Autism West Midlands provides support to people in their home. This may be support with looking after yourself, learning new skills to become more independent, access to work or volunteering and support to access activities you like.



We will work with you and your family to plan your support and support you to make decisions about your life.



Staff will support you with your goals. These goals will be written in a support plan.



A support plan is information about you. It tells support staff how you want to be supported including how you like staff to communicate with you, what makes you happy or unhappy and what your goals are.



We listen to what you like and don't like and make sure you get support that is right for you.

RULES:

- 1.
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We will support you to look after your home and tenancy if you need it.

Making sure you are happy with your support



The Care Quality Commission will check to make sure that we are running the service well and will ask you if you are getting good support.



Autism West Midlands Managers check to make sure that the support you receive is good.

We will also check the support you receive keeps you safe and staff follow your support plan.



The Care Quality Commission check all health and adult social care services in England.

They make sure that Autism West Midlands provides good care to the people they support.



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