

# Supported Lodgings

Supporting young people into independence



Brighton & Hove  
City Council



## Who are Supported Lodgings carers?

Our Supported Lodgings carers come from a range of different backgrounds and have different family makeups. Some are single carers, some are couples, they may have their own children living with them too. We even have carers who are just friends who house share. All of our carers want to provide young people with a safe home while helping them to improve their independence skills. They are there to offer you support and guidance, when you need it. They can help you apply for jobs, manage your money and learn how to cook your favourite meals. Anything they can't help you with they will talk to us about so we can work together to get you where you want to be!

## What is the Supported Lodgings scheme?

Supported Lodgings provides young people who are leaving care, the option to live within a family environment but with their own independence. The scheme recognises that while young people aged 16-21 are already on the road to independence, this road can be bumpy. Supported Lodgings gives young people the space they need to grow into adulthood while still offering the support and guidance sometimes needed when navigating your life. The Supported Lodgings Team work directly with our carers. We offer them training, advice and keep them up to date with what it is like to be a young adult in today's world. When we recruit our carers we make sure that they are fun, friendly and understanding. Most importantly, we make sure that they are ready to have a young person move in with them.



## Who is eligible to apply?

Young people aged **16-21** can be considered for Supported Lodgings, as long as you are also eligible for support from the Leaving Care Team.

## How do I apply to live in Supported Lodgings?

If you think you would like to consider living with a Supported Lodgings carer speak to your Personal Advisor or your Social Worker. They can refer you to the Supported Lodgings Team. The team can speak to you about the scheme however, we cannot begin the matching and moving in process without an approved referral form.

## Do I have to pay rent?

No. However you will need to pay a Service Charge from your salary/pay/benefits starting from £7.50 per week depending on your circumstances. This money is payable to the Leaving Care Team and gets set up with the help of your Personal Adviser at the start of the placement. If you are under 18 you do not pay a Service Charge .

If you reach your 18th birthday and you are not in full time employment, then you will need to apply for Universal Credit. Your Supported Lodgings carer or your Personal Advisor will be able to help you apply. If you are seeking asylum and do not have access to public funds then you will not need to pay a Service Charge until you have secured refugee status, Right to Remain.

## What are young people saying about Supported Lodgings?

“I have learned how to cook a lasagne! I can budget for my weekly food shop and I can use a washing machine.”

“I like that I can do my own thing and work on being independent. My carer is there to offer support when I need it.”

“My Supported Lodgings carer is always there for me when I need them.”

“I didn't like the idea of living in someone else's home to start with, but you have your own personal space, just with a bit of company!”



## Meet some carers

Tim and Anna have been married for 40 years and are both in their early sixties. Tim works from home but his company is based in Haywards Heath. He helps businesses to grow & has managed lots of businesses. Anna works for the local NHS doctors surgery and is a former Health Care Assistant. They both like to walk their dogs, cook healthy meals & both sing in a local Choir! They love animals, spending time outdoors when possible and spending time with family

Jenny and Richard are both in their thirties. They are teachers in two separate schools for children with additional needs. They live at home with their cat Morris who is super friendly. Jenny and Richard enjoy sports and Richard has a passion for cricket and golf. Jenny prefers less competitive sports and relaxes by going paddleboarding with her friends.

## The moving in process

You and your Social Worker/Personal Assistant will have a discussion about housing options and if you want to be considered for Supported Lodgings. A worker from the Supported Lodgings Team will meet with you to discuss the scheme in more detail if you would like.

Your worker will fill out a referral form. This will go to the Children's Placement Team and is then sent to the Supported Lodgings Team.

The Supported Lodgings Team will consider the referral and send you the profiles of any carers who have vacancies and who will suit your needs.

If we have a match we will arrange an introductory visit. Your worker will come with you and someone from the Supported Lodgings Team will be there.

After introductions if everyone is happy to go forwards we will begin a moving in process. This can go as slowly or as quickly as you want. When you move in, you and your carer will sign a Supported Lodgings Agreement and Licence Agreement with your Social Worker/Personal Adviser, and a member of the Supported Lodgings Team present.

We will then leave you to settle into your new home.



## What about meals?

As you are moving into semi-independent living, you will be encouraged to shop for yourself and to cook your own food. If you are not confident, or just have no idea where to start, your carer will provide some food when you first move in. As you grow in confidence you can start to buy your own food and prepare your own meals. Some carers will invite you occasionally to join in a family meal if you would like.

## Your room

In the carer's home you will have your own bedroom. This is your personal space and no-one will come in unless you invite them to or if it is an emergency. You will be able to personalise your room. You can speak to your carer about this during your Supported Lodgings Agreement Meeting. They will provide the furniture in your bedroom. It is your responsibility to look after this and to keep your room clean and tidy.

## The rest of the house

Carers restrict access to their bedrooms, in the same way yours is. The rest of the house is communal. This means you will share a kitchen, living/dining space and toilets/bathrooms with the other people in the household. You must tidy up after yourself in the communal areas. If you need help with this, your carer can support you and let you know what is expected.





## What are my responsibilities?

- ✓ **Listen and take part in your Supported Lodgings Agreement (SLA):** This is your chance to have an input in your living environment and to find compromises between yourself and your carer. The SLA is similar to a tenancy agreement. You will be expected to behave as documented in your SLA.
- ✓ **Follow the house rules:** Our carers have their own house rules. These will be shared in the SLA. You must follow these and if for any reason you can't, will need to need to discuss it with your carer.
- ✓ **Treat your room respectfully:** Keep it clean and do not damage property.
- ✓ **Looking after yourself:** You should be getting yourself up and ready for work/school. Our carers will step in if you sleep through an alarm but this should not become standard practice. You should be able to maintain a good level of personal hygiene independently.
- ✓ **Maintaining respectful relationships:** It is important that you treat your carer and their family with respect. If you feel that they are disrespectful towards you, speak to your worker or a member of the Supported Lodgings Team.
- ✓ **Finances:** All of our carers are advised not to lend young people money. However if they do you should keep to your repayment dates.

## What we want you to get out of Supported Lodgings:

- ✓ **To have a supportive home environment:** We know that sometimes young people aren't ready to live independently but want to be more independent. Supported Lodgings is the best of both worlds. You can work on your independence, while knowing you have the full support of your carer if things go a bit wrong.
- ✓ **To be able to continue education or secure employment:** Our carers will be there to support you through your education. They might not always know the answers on your homework though! If you want to find a job, your carer can help you write a C.V. and look for opportunities that may suit you.
- ✓ **To learn, or continue to learn, life skills:** Becoming an adult is tough and you may find that you suddenly have lots of responsibilities. Supported Lodgings Carers have 'been there, done that' and can help you with practical skills like budgeting, cooking and cleaning. Developing these skills will help you when you are ready to live independently.
- ✓ **Having someone to rely on:** People who want to become Supported Lodgings Carers have to complete an in depth assessment, with our team. Through this process, we make sure your carer is someone you can rely on. They will be there to listen, support and even advocate for you if you need it. Unlike professionals though, their support is available outside of office hours, which can be helpful if you need someone to talk to on a Sunday!
- ✓ **A successful, independent adulthood:** Our main aim is to support young people with the transition from child to adult. With the support from your Supported Lodgings Carer, your Personal Advisor and the Supported Lodgings Team, we hope that you will feel better prepared for independence. When the time is right and you are ready to move on, you can keep in touch with your carer if you want. They are always happy to hear of your successes and often, are still available to listen if you need it.

# For further information

Email [SupportedLodgings@brighton-hove.gov.uk](mailto:SupportedLodgings@brighton-hove.gov.uk)

Phone **01273 295444**

Website [www.brighton-hove.gov.uk/supported-lodgings](http://www.brighton-hove.gov.uk/supported-lodgings)

## Unhappy with the care or service you have received?

If you feel unhappy with the care or service you have received, you can e-mail a complaint to [customerfeedback@brighton-hove.gov.uk](mailto:customerfeedback@brighton-hove.gov.uk). If you need help completing the form, please call **01273 291 229**.

As young person in care or a care leaver, you are entitled to an Advocate who can represent your views, wishes and needs to decision-makers. They can help you to navigate the system including making a complaint. For more information, speak to your social worker or contact The Youth Advocacy Project (e-mail [help@bhyap.org.uk](mailto:help@bhyap.org.uk) or phone **01273 295510**)

To request this leaflet in another language please email [SupportedLodgings@brighton-hove.gov.uk](mailto:SupportedLodgings@brighton-hove.gov.uk)