



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

Living the Way You Want Series



# Getting Help in Your Home

*Easy Read*

A Down's Syndrome Association Publication

## About this leaflet



→ This leaflet is made by the Down's Syndrome Association.



→ It is in Easy Read.

**Easy Read** means easy words with pictures to help everyone understand.



→ We ask **Having a Voice** groups to help us make Easy Read information.



→ **Having a Voice** groups are groups of people with Down's syndrome. They help people have their say.



→ **Having a Voice** groups make sure the Easy Read information is easy to understand.



→ You can find out more about **Having a Voice** on the Down's Syndrome Association website.

## What is in this leaflet?



→ This leaflet is about getting help in your home.

## What you can learn

You can learn about:



→ • help you might need



→ • people who can help you



→ • how to get help

## What do I need help with?



→ Everyone needs help sometimes.

Some things you might need help with are:



→ • looking after yourself



→ • cleaning your house



→ • cooking



→ • looking after your money



→ • reminding you to do things



→ • doing things you enjoy



→ • dealing with problems you have



→ • helping you feel safe



→ • going to appointments, for example going to the doctor or the dentist

## Who can help me?



→ Lots of different people can help you in your home.

Some people who could help you are:



→ • a support worker



→ • a personal assistant



→ • a neighbour



→ • friends and family



→ • a circle of support



## → Support Worker

A **Support Worker** is someone who is paid to visit your home and help you.



→ They are there to give you any help you need.



→ Some people have Support Workers who stay in the house all the time.



→ Other people have Support Workers who come and visit them when they need them.



→ Remember, it is OK to get more help if you need it. Everyone is different.

## Personal Assistant



→ A **Personal Assistant** is someone who helps you.



→ They are paid to come and help you in your home, but you are more in control. You are their boss.



→ There are lots of good things about having a Personal Assistant.

Having a Personal Assistant can give you more choice about your support. It puts you in charge.



→ If you choose to have a Personal Assistant, you will have to find the right person for the job.



→ You can interview people to see if you would like them to be your Personal Assistant. You can get help with this.





→ Most people get money from their council to pay for people who help them.

This is called a **Direct Payment**.



→ When you are the boss of a Personal Assistant, you are their **employer**. This means you have to do certain things. Some of these things are in the **law**.

Some things you need to do are:



→ • treat your Personal Assistant fairly and respect them



→ • make sure they get paid on time



→ • make sure they get employee rights like holidays and pay when they are sick



- • make sure the right taxes and national insurance are paid to the government



- • have an employment contact

This is an agreement written down. It tells you what they will do and what you will do if they work for you.



- **Skills for Care** has a list of all the things you need to do in **Easy Read**.



- You can get lots of help to manage your Personal Assistant.

Your **family** can help you.

Your **council** can help you.

## More information



→ **Skills For Care** has information about Personal Assistants.

The **Department of Health** has information about Direct Payments.

## Support Tenant



→ Some people have a **Support Tenant**.

A **Support Tenant** is someone who lives in your home and helps you.



→ They can help you with things like budgeting, cleaning your house or cooking meals.



→ Support Tenants can be good as someone is there to help you overnight. They can be fun to spend time with.



→ Be careful who you choose as your support tenant. You need to get on with them!



→ Support Tenants sometimes don't stay very long. This can be hard if you got to know the person well.

## Friends and Family



→ It can be a bit scary when you live away from friends and family for the first time.

Your friends and family are still there to help you if you need them!



→ Try to keep in touch with your family when you can.

You could keep in touch by phone, email, text, Skype or FaceTime.

## Circles of Support



→ One way your friends and family can help you is a **Circle of Support**.

A **Circle of Support** is a group of people who care about you and want to help you.



→ They could be:

- family
- friends
- neighbours
- advocate



→ People in your Circle of Support are not paid.

They help because they care about you and you want their help.



→ Circles of Support are all about you. They talk about:

- what is important to you
- what you want
- how to fix any problems you have



→ **More information**

The **Foundation for People with Learning Disabilities** has information about circles of support:

[www.learningdisabilities.org.uk](http://www.learningdisabilities.org.uk)

## Thank you



→ Thank you for reading this leaflet!  
We hope this leaflet has helped you.

## Tell us what you think



→ We want to know what you think about this leaflet.

Email what you think to:  
[info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

## Down's Syndrome Association



**Down's Syndrome Association**  
A Registered Charity No. 1061474

→ **Address:** Langdon Down Centre,  
2a Langdon Park, Teddington,  
Middlesex TW11 9PS

**Telephone:** [0333 1212 300](tel:03331212300)

**E-mail:** [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

**Website:** [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

## Contact us

### Down's Syndrome Association

#### National Office

Langdon Down Centre,  
2a Langdon Park, Teddington,  
Middlesex, TW11 9PS

**t.** 0333 1212 300

**f.** 020 8614 5127

**e.** [info@downs-syndrome.org.uk](mailto:info@downs-syndrome.org.uk)

**w.** [www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

#### Wales

**t.** 0333 1212 300

**e.** [wales@downs-syndrome.org.uk](mailto:wales@downs-syndrome.org.uk)

#### Northern Ireland

Unit 2, Marlborough House,  
348 Lisburn Road,  
Belfast BT9 6GH

**t.** 02890 665260

**f.** 02890 667674

**e.** [enquiriesni@downs-syndrome.org.uk](mailto:enquiriesni@downs-syndrome.org.uk)



**Down's Syndrome  
Association**

A Registered Charity No. 1061474



[www.dsactive.org](http://www.dsactive.org)



[www.dsworkfit.org.uk](http://www.dsworkfit.org.uk)



**LANGDON DOWN  
MUSEUM OF  
LEARNING  
DISABILITY**

[www.langdondownmuseum.org.uk](http://www.langdondownmuseum.org.uk)  
[www.facebook.com/LangdonDownMuseum](https://www.facebook.com/LangdonDownMuseum)



[www.langdondowncentre.org.uk](http://www.langdondowncentre.org.uk)

