



Social care and support

Housing choices

Date: August 2020

Why move out?

There are many reasons why people who have Down's syndrome start thinking about moving out. These include:

- Wanting to have more independence
- Wanting their own space
- Wanting to be like their peers
- Moving out of residential accommodation
- Parents are getting older and thinking about the future

What are the most common types of housing options?

There are a number of different housing options for adults who have Down's syndrome. There is no right or wrong option although there may be different benefits to each – what matters is finding what's right for your relative:

Supported living

Supported living is essentially living in your own home with support.

This can be living as part of a shared house or may be living alone. Support is generally offered separately to housing and should provide the person with a greater degree of control over support and daily life. Normally an assured short hold tenancy is given to the person which provides them with stronger rights than other types of housing such as residential care. People living in shared or individual supported housing normally have full access to the full range of welfare benefits.

Residential care

Housing and care are provided together as a package for a person needing support. This generally includes personal care such as assistance with eating, washing and dressing. [The Care Quality Commission](#) has a list of registered residential care homes.

Residential care is usually based on shared support often in quite large groups (sometimes there may also be smaller one or two person flats or annexes on site). People in residential care have fewer rights around the security of their tenure meaning it is easier to be evicted at

the request of the owner. Residents are normally given a small weekly personal allowance rather than having access to the full range of welfare benefits on offer.

Shared Lives

A Shared Lives arrangement is a scheme where a person is matched with a suitable family and lives in their home.

The idea behind Shared Lives is to support the person to live in the community in a family setting. Shared Lives carers are paid at a fixed rate and will provide some level of support in the home.

For some people, Shared Lives can be a stepping-stone into living in their own home; for others, it is a longer-term arrangement. Many Shared Lives schemes are run by local authorities, but some are contracted out to other providers. Your local authority will have information about schemes available in your area.

Intentional communities

Intentional communities are a less well-known living option for people who have learning disabilities.

Intentional communities are community living arrangements set up for people who have disabilities.

The people in the community often share resources and support each other. There are about 50 communities for people who have learning disabilities in the UK. The largest and most well-known are Camphill Communities and L'Arche Communities and enquiries or applications can be made directly to them.

Living at home with support

Some adults who have Down's syndrome want to continue to live with their family. This is the situation for the majority of adults who have Down's syndrome, though increasingly more and more people are looking at other options. If a person wants to live in the family home, additional support can be arranged through adult social care.

Which housing option is more inclusive?

The National Development Team for Inclusion (NDTI) has undertaken some research looking at different housing models and what the benefits and drawbacks are for the tenant/resident.

All of their papers are available [on the NDTI website](#).

The diagram below shows a summary of their findings and is helpful in thinking about what type of support may be best for your relative:

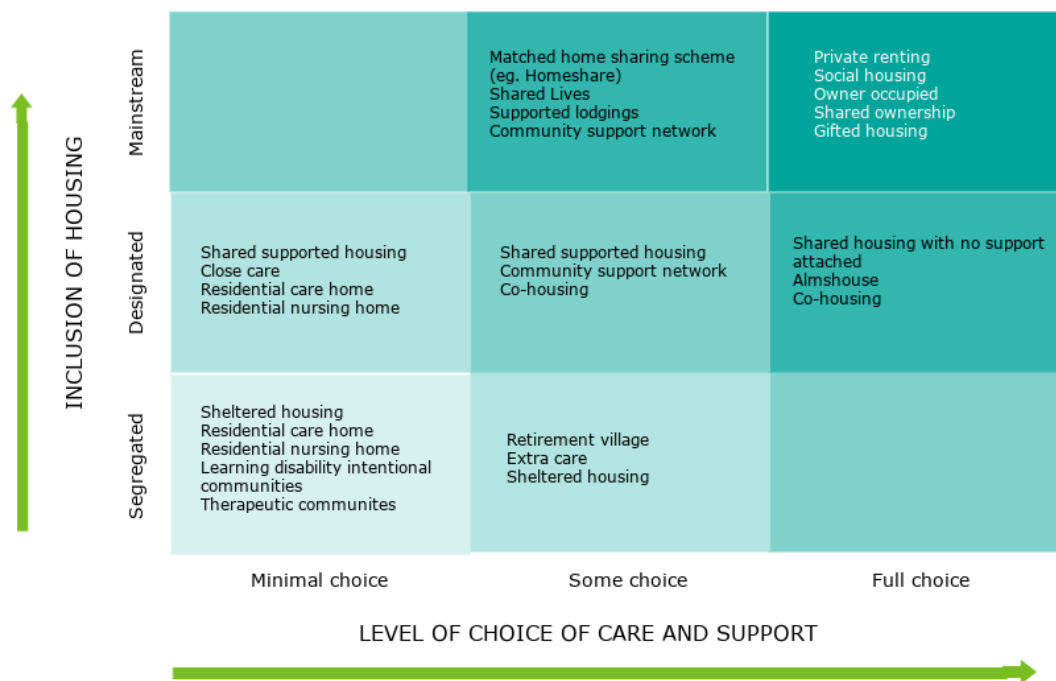


Diagram: Level of inclusion and choice of housing and support options. From Housing Choices, National Development Team for Inclusion (NDTI), April 2017

Resources from the DSA

- Choosing where to live (easy read)
- What is supported living (easy read)
- Choosing who to live with (easy read)
- Getting ready to move out (easy read)
- Supported living – an introduction for parents and carers
- Supported living – our stories
Stories from people who have Down’s syndrome

We can help

If you have any questions about social care, please contact us using Tel: 0333 1212 300 or Email: info@downs-syndrome.org.uk. If our information officers are unable to help, they will refer you to our social care adviser.

Contact us

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