

Managing the day to day responsibilities

Running a home



Living independently in the community

Local authorities and housing associations have done a lot to provide opportunities for people to get tenancies

What did we find?

Positive stories of living independently

People first moving into their home often need continued support from family and support workers

Life skills training – cooking, cleaning and shopping etc.

“

I told Mum last week I want to move out. She told me it would be too much for me. I need to look after myself first.

Sarah, self-advocate

”

What learning is involved?

Putting life skills learnt at home and college into practice

Identifying and managing risks associated with living independently

What more can be done?

Developing community initiatives and neighbourhood schemes

Maintaining life skills training and support

“

I know how to do the washing and hang the washing, and Hoover my room, tidy up. I need to learn how to clean the bathroom.

Rafael, self-advocate

”

