

# Plain facts

## Support for living?



This Plain Facts is about two different research projects. Both projects looked at where people live and how they feel about their support.



One project was carried out by Beth Tarleton and Rachel Fyson at the Norah Fry Research Centre.



The other project was done by Fresh Start, a team of people with learning difficulties from Central England People First.



The project by the Norah Fry Research Centre looked at supported living services for people with learning difficulties. Supported living is a way of providing housing and support that gives people control of their lives.



The aim of the project by Central England People First was for people with learning difficulties to find out about the lives of other people with learning difficulties in Northamptonshire.

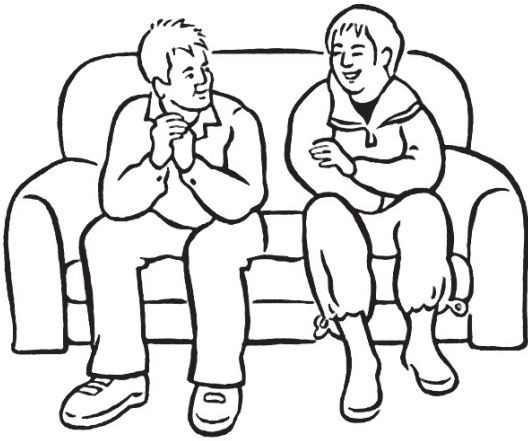


Both projects found some good things and some bad things about the way some people with learning difficulties are living.

## Good things



‘Supporting People’ is a new way of paying for supported living services. The Norah Fry project found that ‘Supporting People’ has helped more people with learning difficulties move into supported living services.



The people they spoke to were happy with their homes and happy with the support they got.



Both projects found that people liked having choices about how to spend their time. Central England People First found that people who lived in their own home had the most choice and freedom.



Both projects found that people liked having control over how to spend their money.



Most of the people that Central England People First talked to worked in the day or did organised activities. In some areas people had time to themselves to do what they wanted.

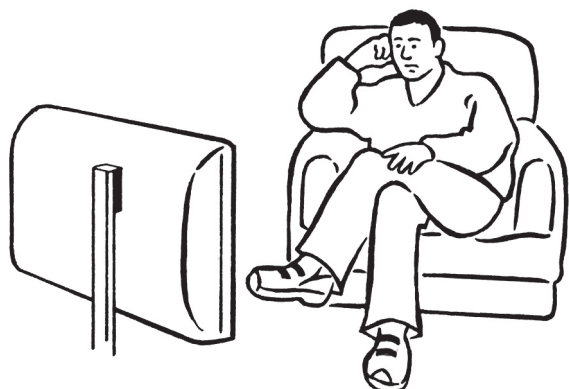


Some places where people with learning difficulties live offer a range of choices. In some places, people who lived independently could go out and do things regularly. People were treated more like equals and were able to do more of what they wanted.



Both projects found that most people who lived independently were happy in their lives and their relationships. Some people who lived independently knew more people in different places.

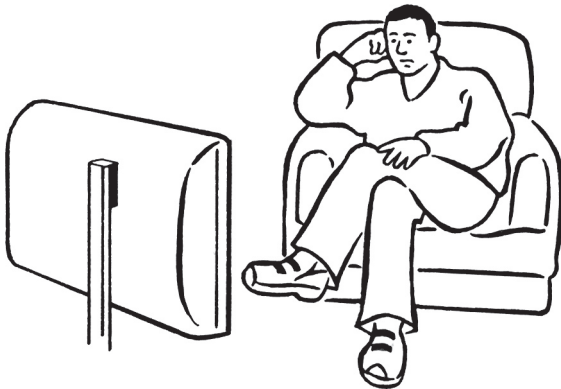
## **Bad things**



The Norah Fry project found that people still did not have control over some very important decisions. People mostly could not choose where to live or who to live with. Some people did not have full control of their money.



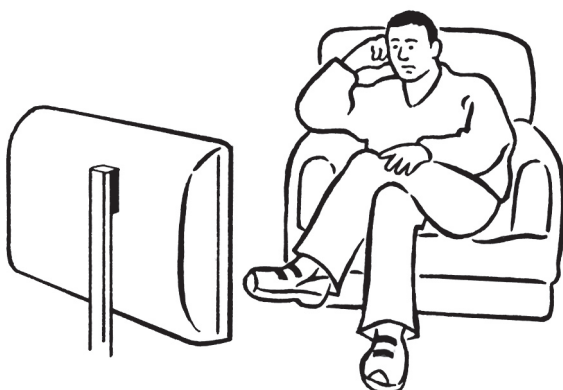
The money that comes from 'Supporting People' will not pay for support staff to help people go out and make friends.



Some people who lived by themselves were lonely.



Some of the new supported living services were a bit like residential care. Sometimes staff had the keys to people's homes. Sometimes staff had offices in people's homes. This should not happen in supported living services.



Central England People First found that people in residential homes found it harder to be independent and to have choices in their lives. This was also true for people who lived with their parents.

## Things to do

For more information about housing and support, look on the Valuing People website:



**[www.valuingpeople.gov.uk/dynamic/valuingpeople148.jsp](http://www.valuingpeople.gov.uk/dynamic/valuingpeople148.jsp)**

If you are interested in owning your own home, there is more information on the Advance Housing website.

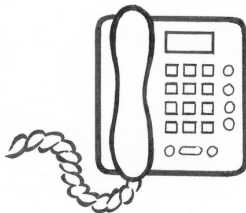


**[www.advanceuk.org/index.asp](http://www.advanceuk.org/index.asp)**

Or write to Advance Housing at  
2 Witan Way, Witney, Oxon,  
OX28 6FH.

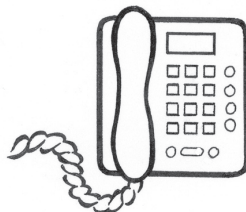


**Tel: 0 1 9 3 3 7 7 2 8 8 5**



If you want to know more about 'Supporting People', you can phone the 'Supporting People' Head Office on:

**0 2 0 7 9 4 4 2 5 5 6**

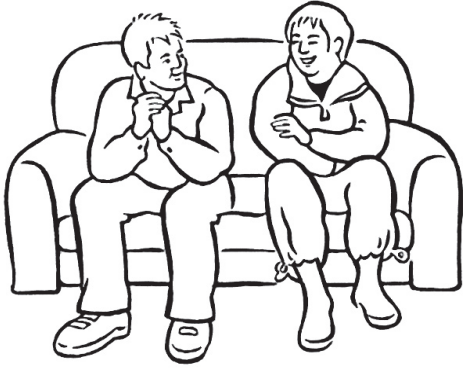


For information about where your local 'Supporting People' Team is based, look at the National 'Supporting People' website



**[www.spkweb.org.uk/Your\\_local\\_area/](http://www.spkweb.org.uk/Your_local_area/)**

## About the Norah Fry project



Researchers from the Norah Fry Research Centre wanted to find out if 'Supporting People' was making a difference in the lives of people with learning difficulties.



They talked to people with learning difficulties who lived in different kinds of supported living services in different parts of the country.



They also spoke to support staff and managers in supported living services.

## About the Central England People First Project



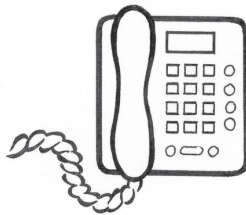
A group of people with learning difficulties – The Fresh Start team – wanted to look at what life was like for other people with learning difficulties in Northamptonshire.



The team worked with 15 people with learning difficulties and their friends, families and networks. They did 50 interviews in total.

## More Information

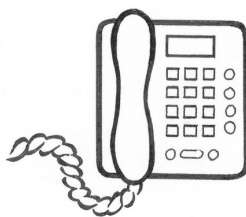
If you would like to know more about the project by the Fresh Start Team, call Central England People First on **0 1 6 0 4 7 2 1 6 6 6**



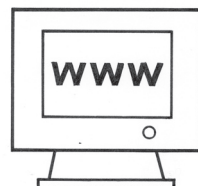
If you would like to find out more about the Norah Fry project you can contact the researchers Rachel Fyson or Beth Tarleton. Their e-mail addresses are:



**rachel.fyson@nottingham.ac.uk**  
**beth.tarleton@bristol.ac.uk**



Or you can contact Beth by phone on **0 1 1 7 3 3 1 0 9 8 7**



A short summary of both projects is available from the Joseph Rowntree Foundation. They can be downloaded from their website at **www.jrf.org.uk**

**www.plain-facts.co.uk**



Plain Facts aims to make the findings of research easier to understand. For more information contact the Plain Facts Team Norah Fry Research Centre University of Bristol 3 Priors Road Bristol BS8 1TX ☎ 0117 331 0987  
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