

Making Moves

Planning for living Independently: A guide to help you plan for living independently for the first time



Are you thinking about living independently for the first time?



This handbook can help you decide what is important for you and your housing future.



This guide is for you as a disabled person beginning to look at your independent living housing options.



Moving into your own home is a big step for your independence.



There are different things you should think about when you are deciding if you are ready to take this step.



If you are unsure of any phrases or words in this document you can ask your Housing Options Broker for more information.

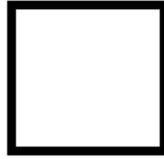
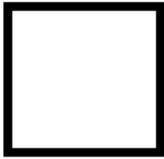
How to use this handbook:



Each part starts with some questions to think about.



These will help you to start thinking and talking about living independently.



After working through the questions, move to the tick boxes.



Tick the boxes for the things that matter to you.



This will help you to think about what you want.



You might feel that you do not need some of the things right now but think about whether you might need these things in the future.

Some tips:



Take your time. You do not have to complete this guide all at once.



You may not know exactly what your needs and wants are yet. That is okay!



Talk to carers, friends, or your Housing Options Broker about your options if you need to.

Part 1: The Basics



Think about the type of home you need.



Think about the size of the building.



Think about what kind of building it is.



I would like...



A house



A flat



A bungalow



I need...



1 bedroom



2 bedrooms



3 bedrooms

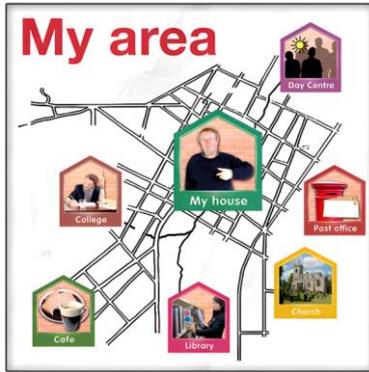


4 or more



Use this box to write any notes, thoughts or questions:

Part 2: Location



Think about where you want to live.



What are the surroundings like?



Do you need to travel anywhere?



How will you travel and how long would it take?



I need to be able to access...



Family or guardians



Shops



Friends



Groups/Activities



College or University



Bus Stop



Hospital



Train Station



Doctor



Work



Gym/Sports



Think about anything you do not want nearby too!



Use this box to write any notes, thoughts or questions:

Part 3: Accessibility



Think about what you need your home to have to meet your personal needs.



I need...



Level/ramped access



Sensory Room



No stairs



Space for equipment



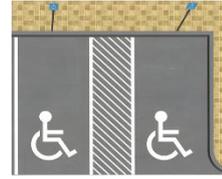
Lowered kitchen tops



Turning space



Wet Room



Parking



Lowered sinks



Space for a carer



Soundproofing



Use this box to write any notes, thoughts or questions:

Part 4: Features



Think about what features you would like your home to have.



These are the things that will make your new property feel like home.



I would like...



A Garden



Plenty storage



My own decoration



To keep a pet



Sensory Aids



Use this box to write any notes, thoughts or questions:

Part 5: Risks and Worries



There might be things that make you worried about living independently.



Use this space to think about this so that you can be prepared.



I'm worried about...



Neighbours



Repairs



Noise



Fire Safety



Paying my bills



Feeling safe and secure



Cleaning



Cooking



Use this box to write any notes, thoughts or questions.

Anything Else?



Is there anything we haven't said so far that is important to you in a new home?



Use this box to write any notes, thoughts or questions:

What's Next?



Bring this booklet to your planning meeting with your Housing Options Broker.



It will help them to understand what you are looking for and what advice is best for you.

Organisations that can help



The following organisations can help you if you need any more information or advice:

Citizens Advice Scotland



Citizens Advice Scotland is an organisation that offers free information on lots of topics like housing, energy, debt and welfare benefits



The website for **Citizens Advice Scotland** can be found here: www.cas.org.uk/



Citizens Advice Scotland can be contacted with this phone number: **0800 028 1456**

Disability Information Scotland



Disability Information Scotland is an organisation that gives accessible information to people with disabilities in Scotland.



The website for **Disability Information Scotland** can be found here: www.disabilityscot.org.uk/



Disability Information Scotland can be contacted with this phone number: **0300 323 9961**

The SDS Handbook



The SDS Handbook is a guide to accessing care and support in Scotland.



The SDS Handbook can be found here:
www.handbook.scot/sds-handbook/



The SDS Handbook can be contacted with this phone number: **0300 323 9961**

Money Advice Scotland



Money Advice Scotland can help you access free and independent support with money and debt worries.



The website for **Money Advice Scotland** can be found here: www.moneyadvicescotland.org.uk/

Entitled To



Entitled To offers information, advice and a free benefits calculator, so you can find out what benefits you can claim.



The website for **Entitled To** can be found here: www.entitledto.co.uk/

To find a tradesperson...



If you need to find a tradesperson you can use the following websites to help you:



The website for **Which? Trusted Traders** can be found here: www.trustedtraders.which.co.uk/



The website for **Check a Trade** can be found here: www.checkatrade.com/

This document was made by the Scottish Commission for People with Learning Disabilities (SCLD)

