

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's important for you and your housing future.

This guide is for you, if you are a disabled person beginning to explore your independent living housing options.

It is designed for you to use throughout your journey planning your own route to independent living.

Moving into your own home is a big step in independence. There are different things that you should consider in order to decide whether you are ready to take this step.

If there are any phrases or words used in this document that you are not familiar with, you can ask your Housing Options Broker for more information.

How to use this handbook:

 Read through the different sections.

Each section starts with some prompts. These will help you to start thinking and talking about living independently.

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

Tick the boxes for the things that matter to you. This will help you to think about what you need and what you want.

You may feel that some don't apply to you right now, but think about whether they might in the future.

 Some tips:

Take your time. Don't feel that you have to complete this guide all at once.

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

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



Section 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.



Section 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 | <input type="checkbox"/> | Shops | <input type="checkbox"/> |
| Friends | <input type="checkbox"/> | Groups/Activities | <input type="checkbox"/> |
| College or University | <input type="checkbox"/> | Bus Stop | <input type="checkbox"/> |
| Hospital | <input type="checkbox"/> | Train Station | <input type="checkbox"/> |
| Doctor | <input type="checkbox"/> | Work | <input type="checkbox"/> |
| Gym/Sports | <input type="checkbox"/> | | |

Think about anything you *don't* want nearby too!

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

Section 3: Accessibility

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

I need...

- | | | | |
|----------------------|--------------------------|---------------------|--------------------------|
| Level/ramped access | <input type="checkbox"/> | Sensory Room | <input type="checkbox"/> |
| No stairs | <input type="checkbox"/> | Space for equipment | <input type="checkbox"/> |
| Lowered kitchen tops | <input type="checkbox"/> | Turning space | <input type="checkbox"/> |
| Wet Room | <input type="checkbox"/> | Parking | <input type="checkbox"/> |
| Lowered sinks | <input type="checkbox"/> | Space for a carer | <input type="checkbox"/> |
| Soundproofing | <input type="checkbox"/> | | |

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

Section 3: 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 | <input type="checkbox"/> | Sensory Aids | <input type="checkbox"/> |
| Plenty storage | <input type="checkbox"/> | | |
| My own decoration | <input type="checkbox"/> | | |
| The ability to keep a pet | <input type="checkbox"/> | | |

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



Section 4: Risks and Worries

There might be things that you are worried about when you are living independently. Use this space to think about this so that you can be prepared.

I'm worried about...

- | | | | |
|-----------------|--------------------------|-------------------------|--------------------------|
| Neighbours | <input type="checkbox"/> | Repairs | <input type="checkbox"/> |
| Noise | <input type="checkbox"/> | Fire Safety | <input type="checkbox"/> |
| Paying my bills | <input type="checkbox"/> | Feeling safe and secure | <input type="checkbox"/> |
| Cleaning | <input type="checkbox"/> | Cooking | <input type="checkbox"/> |

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

Anything Else?

Is there anything we haven't mentioned 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

Citizens Advice Scotland

Citizens Advice offers free and impartial advice on a range of matters, including housing, energy, debt and welfare rights.



www.cas.org.uk/



Helpline: 0800 028 1456

Disability Information Scotland

Disability Information Scotland provides reliable, accurate and accessible information for people living with disability in Scotland.



www.disabilityscot.org.uk/



Helpline: 0300 323 9961

The SDS Handbook

Your complete guide to accessing care and support in Scotland



handbook.scot/sds-handbook/



Helpline: 0300 323 9961

Money Advice Scotland

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



www.moneyadvicescotland.org.uk/

Entitled To

Entitled To offers information, advice and a free benefits calculator, so you can find out what you are entitled to.  www.entitledto.co.uk/

To find a tradesperson...

Which? Trusted Traders



www.trustedtraders.which.co.uk/

Check a Trade



www.checkatrade.com/



www.housingoptionsscotland.org.uk
0131 510 1567