

It's probably a good idea to talk through your leaving home plan with someone who knows you and your disability or health needs. This will help you choose accommodation that suits your needs and think about any support you may require when you are living on your own. There are a wide range of services to assist you through Dudley's Adult Social Care Team, depending on your needs and circumstances.

A lot of things in this guide such as saving for your first home, budgeting, getting furniture, friends, how to cope with bad days, will be useful to you and its worth creating a leaving home plan. But you may have extra needs and you may be entitled to extra help so if you don't already have a support worker you can turn to then it may be worth contacting one of the organisations below.

[Adult Social Services](#)

[Dudley Advocacy](#)

[web site](#)

Advocacy Service

The DART project for people in Dudley Borough age 16 and over who have autistic spectrum disorders

If you have a physical disability

[Kooth](#) - Online counselling and advice with real advisors for young people age 11 to 25

What about applying finding somewhere to live?

You can start by applying to the Council in the usual way [What will Housing offer me LINK](#)

If your long term health or disability needs are affected by your current housing circumstances then discuss this with your advisor at your Housing Options Interview.

If you think you may need to move to a property with adaptations such as a level access shower, an assessment can be arranged through Dudley's Housing Occupational Therapy Team. Your advisor will let you know if you need to make an application and provide any support you need with this.

Tel: 0300 555 2345

It is a good idea to take someone you know and trust and who understands how your disability affects you when you go to your interview.

The Housing Options Advisor may talk to you about other kinds of housing as well as Council Housing so its a good idea to think about what you want before you go.

Supported Housing this can mean someone visiting you in your own home or living in accommodation with staff on site. As a minimum you can expect to have your own room and often your own flat. Some supported accommodation is accessed through Social Services, some through Housing.

Buying your home if you are very specific about where you want and can afford it this can be a good long term option. There are special schemes that can help you get a mortgage if you need to rely on disability benefits. Although they may not be able to help you at the moment because of the problems in the financial

market it is worth having a look.

If you have some money for a deposit it is worth talking to a high street lender such as a bank or building society.

Council Housing you know about this one.

Adapting part or all of your family home to give you more independence.

Council Tenants

Owner occupiers

Moving your whole family to something more suitable, particularly if you are Council or Housing Association tenants.

Private renting this could be tricky if you have very specific needs but it can be more flexible too.

You may be absolutely desperate to get some freedom but it is worth taking your time to get it right. If you move somewhere that you dont like it might take a long time to move again.

Here are some quotes from real young people with disabilities who moved to independent living in the last few years...

- How can I keep safe
- How do I find a place?
- Moving in with someone