



**The Moray Council  
Throughcare/Aftercare Service**

**Supported Lodgings Project**



**Information Booklet for Young People**

## **Index Page**

Introduction	3
What is Supported Lodgings?	4
Who offers Supported lodgings?	5
What are the financial arrangements?	6
Placement agreement	7
Reviewing the placement agreement	8
Employment, Training & Further Education	9
How long can I stay in Supported Lodgings?	10

# Introduction

Experience has shown that most young people leaving either a residential unit or a foster placement have found it difficult when they first start living on their own.

To try and help with these initial difficulties the Moray Council Throughcare/Aftercare Service can offer semi-independent accommodation called Supported Lodgings. Supported Lodgings can help to bridge the gap between leaving care and living independently. A place in Supported Lodgings is an opportunity for you to experience elements of independence in a supportive and encouraging setting.

This booklet has been designed to help give you a better idea of what Supported Lodgings can offer you.

If you have any questions on Supported Lodgings, please ask your social worker, Throughcare/Aftercare worker/key worker or foster carer.

We want you to be involved at every stage in the process so that your move into Supported Lodgings is as smooth as possible.

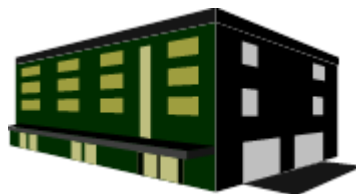


## What is Supported Lodgings?

Supported Lodgings is accommodation with support, offered by an individual or a family within their house. The Supported Lodgings Providers will have a spare room for your sole use and they also work in partnership with the Throughcare/Aftercare Team. The type of Supported Lodgings can vary from house to house. Some young people are happy to spend time with the family while others prefer to live more independently.

All Supported Lodgings offer a secure and safe home setting with help and support that will allow you to prepare for independent living.

This type of accommodation can be available for a short or long period of time. Some young people are happy to stay for a long period of time; others see Supported Lodgings as a short-term step towards a place of their own. The length of time a Young Person would stay in Supported Lodgings will depend on whether or not you are ready to move to your own permanent tenancy.



## Who offers Supported Lodgings?

The people who offer Supported Lodgings to young people (Supported Lodgings Providers) would either be an individual or family who have a spare room.

Supported Lodgings Providers are not employed by the social work department. They are ordinary people who live in the community, and the most important point is that the people who provide Supported Lodgings are willing to offer you some support to help you move into your own place when the time is right. This help will depend on your own needs and what the Supported Lodgings Provider is able to offer.

Supported Lodgings Providers have been especially selected and trained to provide you with the space and support that will allow you to develop your own independence skills.

Most Supported Lodgings will offer you three meals a day, seven days a week, and generally you will have access to most of the facilities in the house. However, you will also have the opportunity to purchase and prepare your own meals, but this will all be discussed before you move in.



## What are the financial arrangements?

As with any form of accommodation you will be expected to make a contribution towards your board and lodgings.

You will pay a share towards the Supported Lodgings charge, and the rest is made up from housing benefit and a contribution from social work.

Your social worker will provide you with full details well in advance of your placement in Supported Lodgings.

It is important to remember that, as in any tenancy agreement, if you do not pay your share, you may be asked to leave the accommodation.



# Placement Agreement

Before you move into Supported Lodgings you will be involved in drawing up a 'Supported Lodgings Placement agreement'. This is an agreement between you and the Supported Lodgings Provider and is made with the help of your throughcare/aftercare social worker and the Supported Lodgings Link Worker.

The agreement is important because it sets down the general conditions you will need to agree to, in order for you to stay in the Supported Lodgings placement. It is important that you are involved in these discussions because it is your chance to say what you want to get out of staying in Supported Lodgings.

Generally, the placement agreement will cover: -

- \* Your financial contribution for the Supported Lodgings
- \* What is expected of you
- \* What the Supported Lodgings Provider is expected to offer you.
- \* The 'House Rules'
- \* What will happen if you break the placement agreement
- \* Contact arrangements with your Throughcare/Aftercare social worker

A blank copy of a Placement Agreement is available for you to see if you are considering moving into Supported Lodgings. If you want to see this, then ask your Throughcare/Aftercare social worker.



## Reviewing the Placement Agreement

The placement agreement can be reviewed if necessary, after you have been in Supported Lodgings for a while. A meeting will be arranged to look at how things are working and how you are progressing in the Supported Lodgings Placement.

The placement meeting involves you, your Supported Lodgings Provider, your social worker and the Supported Lodgings Link Worker. It will give you the chance to talk about your stay in Supported Lodgings and discuss whether or not there is anything you would like to change. It also gives your Supported Lodgings Provider the same opportunity.

You should feel free to discuss all matters as they arise with either the Supported Lodgings Provider or your Social Worker, however, the meeting is an opportunity for everyone to sit down and talk about some of the issues, both good and bad.

Remember; don't sit back at the meeting and let the 'adults' do the talking. You are a young adult now, get involved!





## Employment, Training & Further Education

Because you have to make a contribution towards your Supported Lodgings charge, you need to have an income to pay this. So, before going into Supported Lodgings you will have to think carefully about getting a job, joining a training scheme, carrying on at school, doing a course of further education etc. In all of these cases you will receive an income that will help you pay your Supported Lodgings charge. Your Throughcare/Aftercare social worker will discuss the details with you before the move.

Most people who offer Supported Lodgings prefer you to be doing something during the day, so that you are not hanging around the house getting bored. In our experience young people who are not in employment, training or further education become bored and disillusioned, and this often results in the breakdown of the Supported Lodgings Placement.

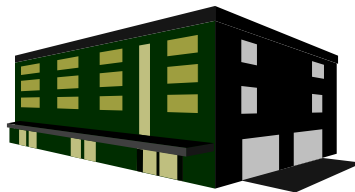
Please think carefully about these issues and discuss them with your social worker before you decide if Supported Lodgings is right for you.

## Length of Stay in Supported Lodgings?

The length of your stay in Supported Lodgings depends on how soon you are ready for moving on to your own tenancy. Most Supported Lodgings Placements last for at least 6 months. This issue will be discussed at every Supported Lodgings Placement meeting.

Young people who have used Supported Lodgings positively, have found it easier to cope with the responsibilities and difficulties that may arise when they move on.

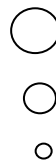
Remember Supported Lodgings is a stepping stone. It gives you the opportunity to plan and prepare yourself for an eventual move into your own tenancy.



**Possibly not all of the questions you have will be answered in this information booklet, but we hope that it has given you enough of an idea to decide whether or not Supported Lodgings could be right for you.**

**If you are still interested, or would like more information, please speak to your social worker who can arrange for you to meet with a Supported Lodgings Link Worker and maybe even a Young Person who has been in Supported Lodgings.**

**Here are some comments from young people who have been in Supported Lodgings:**



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