



Moving on

Feedback from carers

Carers experiences of Moving on

We spoke to 12 carers with different experiences of moving on.
feedback was given by:



- 4 carers for people with learning disabilities
- 2 carers of people with profound and multiple learning disabilities
- 3 carers of people with learning disabilities and autism
- 2 carers for autistic people
- 1 autistic carer, caring for an autistic person

Carers were asked:



- who does your family member live now, what support is needed?



- how did they move and what support did you get?



- what helped and what were the challenges?



- what advice would you give carers starting this journey?

Types of Housing:

carers supported people with a range of needs living in lots of different types of housing including:



- supported living
- shared lives homes
- independent homes with support
- residential school/home settings
- their family home

Support with 'Moving On'



Carers had **support with 'Moving On'** from Social Workers, Health care professionals, Teaching staff, charities and other family members.

Carers started the process of 'Moving on' for **many different reasons**;



- No longer being able to meet the needs of the person they cared for
- The carer was getting older
- Being less able to provide physical care
- Having health conditions limiting them
- Feeling it was no longer the right thing

Some people had to move more than once, for example



- moving from shared lives into independent living with support
- moving from a residential settings to supported housing.

Positives



Some carers felt well supported by friends, family and other carers



A few people were given the chance to gain experience and skills in supported housing before moving into independent living



Many people have lived in their current home for many years and feel well settled



Many people have good relationships with their support workers and the other people they live with

Challenges



Carers had to be very involved in order to make sure the right housing was found



There was a lot of forms and paperwork to complete and not much help with these



There was no information about the steps of moving into Supported Living or support with these steps



A pathway document similar to transitions to adulthood would have been helpful



Culturally it was difficult and even shameful to ask for help with housing and transitioning on from caring at home by the family.



One carer has been waiting a long time for Supported Living and is struggling to provide in the home.

What advice would carers share?



It is important to start planning early as the processes of moving on can take time



Take opportunities for your family member to stay away from home:

- to go on trips,
- stay with friends or family
- take up the offer of respite in the borough





It is important for anyone providing care for your loved one to have good understanding of their needs, abilities and interests



Say 'no' to options that you do not think will suit the person you are caring for,