



Independent Living

You may find you require a little extra support to be able to live independently and this is where we can help.

Our Independent Living Service (ILS) provides support in your own home to increase your independence so you can live a healthy and enjoyable life.

How much support and what type of support you receive is dependent on your needs. Our Support Workers will work with you to create a package of care which will include:



Teaching you skills including cooking, cleaning and budgeting



Helping you to access activities within the local community



Helping you to maintain a tenancy



Ensure your utility bills are paid



Encourage you to keep the property to a good standard



Offering emotional support and guidance to improve your mental health and wellbeing

We will ensure your medical and social care needs are monitored and offer you guidance on how and when to take your medication.

Should you need further care or support, we work in partnership with community teams and organisations and can signpost to these if necessary.

If you require 24-hour support, you must be happy to house share with one other person and feel comfortable with a support worker sleeping in a third bedroom overnight. However, if you only require a number of hours support per week, we will devise a care package with you to meet your needs.



How can I access this service?

People accessing this service have been assessed to be safe in the community but could potentially become unwell quite quickly so need additional support to live well and maintain some independence.

For more information please contact us using the details below.

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