

Supported living services



We think it is important for people to choose where they live.



We think it is important for people to choose who they live with.



We support people with a learning disability to live how and where they choose in our supported living services.



We work with people and organisations that own homes to find people with a learning disability somewhere to live.



Some of our supported living services were built for people with a learning disability.



Some of our supported living services had changes to them, so that it is easier for people with a learning disability to live there.



For example, wheelchair accessible showers, or wet rooms instead of a bathroom.



The right help and support at home is very important for people with a learning disability.



The Care Quality Commission and the Social Services Inspectorate Wales have rules about what our services have to be like.



All of our services keep to all of the rules.



We also have our own list of rules about what good support is.



Our list of rules is called What Matters Most.



What Matters Most are the things that people with a learning disability told us are important.



We have helped lots of people to move from a care home , or from living with their family, to living in a home on their own, or with friends.



We can offer support to people in their home with our personal support services.



Our personal support services can help people with a learning disability in their home, to go out, or to do things they like. For example, help to:

- get dressed
- cook a meal
- go to the cinema
- meet up with friends.



We can offer support for a few hours a week, or all day, every day.



Help

Contact the Learning Disability helpline for more information about the support we can offer to people with a learning disability:

- email Helpline@mencap.org.uk
- phone 0808 808 1111



You can talk to parents and carers of people with a learning disability in [our online community](#).



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