



Supported Housing and Accommodation



THE FREEDOM TO ENJOY AN EVERYDAY LIFE

What is 'Making Space Supported Housing'?

If you experience a mental health condition it's reassuring to know that Making Space can provide exactly the kind of accommodation you need to help you enjoy an everyday life.

One such type of accommodation is 'supported housing', a range of fully furnished, well-equipped tenancies which we manage by working alongside well known housing associations.

Supported housing is all about creating an environment which encourages residents to move towards independent living. Accommodation is often staffed by a 'caretaker' whose role is to help deal with out-of-hour emergencies, but who is also there to be a 'good neighbour'. As a tenant you can also rely on the advice and expertise of a Making Space Tenant Support Worker.

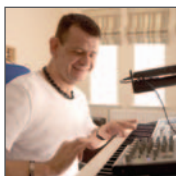


What other support is available?

There's nothing quite like having a place of your own to give you a real sense of independence. So Making Space works hard to make sure you can move into apartment-style accommodation that's safe and secure, clean and bright, tastefully decorated and fully furnished.

And then we continue to do everything we can to support and encourage you to enjoy life to the full and prepare yourself for independent living...

- Give you your say in the management of your housing and support service
- Support you in the further development of your independent living skills
- Help you to stay safe and secure
- Assist and support you to reach your goals
- Offer 'personalised' money advice (including assistance and signposting with benefits)
- Encourage and support you to maintain your tenancy
- Keep you in contact with a professional support team
- Encourage you to do your own shopping and errands
- Make sure you have opportunities to meet other people

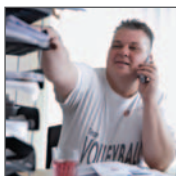


What will I pay?

The idea is that you pay Making Space to rent and service your accommodation, plus a support fee which varies depending on the exact nature of the housing you choose. However, these costs are eligible for the appropriate social benefits and your Support Worker will help make sure you receive all the allowances to which you are entitled.

How do I apply?

Making Space welcomes enquiries from people who care about the support of those experiencing mental health conditions. So if you're affected yourself, or you're a carer, doctor, or approved mental health practitioner, please get in touch so we can start looking at the opportunities for providing accommodation ideally suited to independent but supported living.



Case Studies

David was referred to us in November 2001 and moved into our supported housing scheme in February 2002. He had previously been admitted to hospital under Section 3 of the Mental Health Act due to severe self-neglect, self-harm and delusional and paranoid beliefs, after which he was discharged to a hostel (due to being homeless) where he presented as having both mental (schizophrenia) and physical problems.*

David was offered weekly support designed to maintain his tenancy, manage his mental health and wellbeing, improve his economic wellbeing and encourage him to access services to enhance his general quality of life... including improving his diet as fasting and self-neglect were part of his illness.

The outcome..David has now acquired the life skills to be able to live independently. His confidence has also improved to the point where he is currently on work placement with a major retailer with a view to securing paid employment. He is also working towards a planned discharge from the Floating Support service.

Michael self-referred to our supported housing scheme in 2003 and presented as having both mental (depression and anxiety) and physical problems. He had a history of self-harm and attempted suicides. He also had a history of self-neglect and alcohol abuse which subsequently led to the amputation of his lower leg.*

Michael was offered weekly support to maintain his tenancy, manage his mental health and improve his wellbeing, and gain access to those who could help address his alcohol dependence. Michael was also referred to a Disability Living Team/Social Services and the Occupational Therapy Service, as well as Medical Services and Professionals who provided in-depth treatment on his mobility.

The outcome...Michael has gained the skills to live independently, and acquired a full driving licence and car which greatly increases his independence and opportunities. He has also been on courses to learn IT skills and Digital Camera techniques. He is currently a trustee and on the panel at a local based charity and in 2009 successfully moved into our general needs housing.

*(*names changed to protect their privacy)*

Making Space

Making Space has been working in the field of mental health care since 1982 and has a large number of services which support people living with mental health conditions, learning disabilities and dementia...and which support their carers too.

Dignity and respect are watchwords for our approach and our mission is to help people create the freedom to enjoy an everyday life. Our supported housing perfectly demonstrates this philosophy providing, as it does, safe and secure furnished apartments in an environment geared absolutely to encouraging independence, but with support at whatever level may be required.

For more details or to speak to our Supported Housing Team, please contact us on 01925 571680.



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