

# Research about Moving House

## Easy Read Report



This report is an easy-read summary of some research. It talks about what it was like for some people with learning disabilities to move house.



We spoke to 107 people with learning disabilities living in supported living or residential care.



Not everyone had the chance to choose where they live.



People in supported living were more likely than people in residential care to choose who they lived with.



People tended to move house when they had a problem with their current house, rather than moving because they wanted to.



There needs to be more housing available for people with learning disabilities to choose from.



People should get support to think about where they want to live in the future.

## Glossary



**Supported living** is where someone rents or owns their home, and they get support from a different organisation.

Support can range from a few hours a week to 24 hours a day.



**Residential care** is where housing and support are provided by the same organisation.



**Research** is when we try to find out more about something by gathering information.



An **advisory group** is a group of people who give advice about how to do the research, based on their own experiences.



**Housing** is where someone lives. It could be a flat or a house.

People might live on their own or share with other people.

## Background



The United Nations says that people with learning disabilities have the right to choose where they live, and who they live with.



Housing is important to help people with learning disabilities to have a good life.



Supported living should give people more rights and control than other types of housing.

An important part of supported living is choosing where to live and who to live with.



Houses are getting more expensive in the UK.

There aren't always enough houses for people to choose from.

## What did we do?



We did some research, because we wanted to know if people's lives are different in supported living and residential care.



There was an easy-read information booklet and a video to help people decide if they wanted to take part.



For people who did not have capacity to consent to take part we asked a close family member or paid supporter to decide whether they should take part.



A researcher met with people to ask them some questions.

We asked them what it was like moving into their home and whether they want to move in the future.

## Who took part?



In total, **107** participants took part in the research. Nearly all of these (93) had capacity to consent to take part and chose to speak to a researcher.

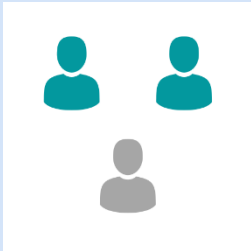


**77** people lived in supported living.

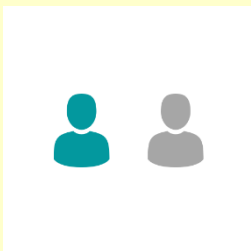


**30** people lived in residential care.

## What did we find out?



Two out of three people in supported living said that they chose their current home.



One in two (half) of people in residential care said that they chose their current home.



Six out of ten people in supported living had some choice about who they lived with.



Hardly anyone in residential care got to choose who they lived with.



Not many people in either supported living or residential care got to choose when someone new moved in.



We asked people why they moved to their current home.



Most people said that they moved because of a problem with their previous home.



For example, an emergency or having problems with housemates or staff.

Some people had experienced crime in their previous home.



Some people moved because they wanted to be more independent.

They wanted to live by themselves or with less housemates.



Most people found it difficult at first when they moved. It took them a while to settle in.

For example, getting to know new housemates or new places.





Some people in supported living had extra challenges finding council housing.

Sometimes the housing was in a bad condition.



Some things that helped people when they moved house were:

- Being in control over when the move happened.
- Being able to visit the new house a few times before moving.
- Support from friends, family and staff.
- Knowing people in the area.



Most people hadn't thought about moving in the future.

Some people wanted to move because they felt unsafe or the home was too small.



But they knew that moving could be difficult so this put them off.



Some people were putting up with bad situations because it was difficult to move.



A few people had thought about moving in the future, for example into a place by themselves or with a partner.

## What do the findings mean?



Services need to make sure that people are fully involved in choosing where to live and who to live with.



Some people might need an advocate to help with this.



People should get easy-read information about their housing rights.

For example, click [here](#) for a leaflet by the Equality and Human Rights Commission.



People should be able to get extra support when they move house, if they want it.



Councils should build more affordable housing.



People should get support to plan where they want to live in the future. This includes thinking about their needs as they get older.



Click [here](#) for some cards that can help people to plan ahead for the future.

## What next?



You can find out more about the research [here](#).



If you have any questions, you can contact the research team by emailing [research@ndti.org.uk](mailto:research@ndti.org.uk)



Thanks for reading!

