



Belfast Health and
Social Care Trust

caring supporting improving together



Future Home Guide

Helping you choose your new home



For adults with a learning disability



Introduction



It is good to get information and support when choosing a new home.

This booklet will help you choose the right home for you.



Community Learning Disability Teams

Our staff can give you more advice.

Contact them using the information below.



North Belfast

The Carlisle Centre
40 Antrim Road
Belfast, BT15 2AX

028 9504 2376

West Belfast

The Everton Complex
585-587 Crumlin Road
Belfast, BT14 7GB

028 9504 1284

East Belfast

1st Floor, Graham House
Knockbracken Health
Care Park
Belfast, BT8 8BH

028 9504 6118

South Belfast

1st Floor, Graham House
Knockbracken Health
Care Park
Belfast, BT8 8BH

028 9504 2693



You can also talk to an advocate.

Their job is to speak up for what you want.

This includes speaking up for the home you want.



Bryson House Independent Advocacy Service

028 9032 5835

www.brysoncare.org



Choosing your new home



Start by making a list of the things you want from your new home.

For example

- Go to the same day centre
- Safe outside space
- Good transport
- Close to family and friends
- Low costs



Share your list with your social worker.



Your social worker can find out what care and support you need.

This is called an **assessment of need**.

Your social worker will help you think about what choice of home is best for you.

If you cannot make your own choices about where to live a **best interest decision** can be made.



Best interest decisions look at what is best for you and are made by people that know you.

If you can make your own choice then you have 3 main types of home to choose from.



This booklet looks at your 3 main choices.



Choice 1. Your own home



Choose to find your own home if you want more control and choice.



You can



A. buy a house or someone can leave you their house when they die

B. rent from a landlord

Housing
Executive

C. rent from the Housing Executive or a Housing Association.



If you choose to find your own home your family or friends can help support you. They may help you to look after your home and do paperwork.



Your **assessment of need** might say you need support to live on your own.

You can get support in the way you would like by using **self-directed support**.

See self-directed support on page 11.



Choice 2. Belfast Trust homes



Choose a Belfast Trust home if

- your **assessment of needs** says you need Supported Living or Residential Care
- **and** you want to use Belfast Trust services.



Tell your social worker if you want a Belfast Trust home.



Your Community Learning Disability Team will tell your social worker if they find a good home for you.

Your social worker will tell you about the home.



The manager of your new home will have a meeting with you, your family, and your Social Worker to see if it meets your needs.

If everyone is happy you will agree your care and support plan with them.



If there are no Trust homes free the Care Management team can help find you a private home and support.

Types of Belfast Trust Homes



1. Supported Living Services give you the support you need at home.

Staff may support you all day or at agreed times.



You will have a **tenancy agreement** with a Housing Association or the Housing Executive. It says you can live in a house if you pay rent and follow rules.

Social Workers can help you ask the Housing Executive for a house.



2. Residential Care Homes have staff there all day and night. Staff support you if you need extra help in your day to day life.



For example, help with

- eating
- drinking
- washing and dressing
- going to the toilet
- or taking medication.



You live with other people and are looked after in groups.

You have your own bedroom but share other spaces. For example, TV room or dining room.



Choice 3. Private homes



Choose a private home if you want a home and support from a private, voluntary or charitable provider.

The Belfast Trust pays to use these private homes and support services.



Tell your social worker if you want a private home. They can pass you on to the Care Management Team.



A **Care Manager** will meet you and your family to find out what you want from your new home.

They will look for private homes to meet your needs. They use information from others in a **Care Management Needs Analysis** to do this.



They will support you to apply to the Northern Ireland Housing Executive.

There are not many homes available so finding a good option for you may take a while.



You, your family and your Key Worker will visit good options and have a meeting to see if they can meet your needs



If you are offered a private home your Care Manager will organise Care Planning meetings to agree

- the care and support you get
- any changes to your home that are needed
- and things you need to do before you move.

For example, buying furniture.

Type of Private Homes



1. Private Care Homes

- staff are there all day and night
- and everyone has their own room.



Staff will help with

- social activities
- eating and drinking
- washing and dressing
- going to the toilet
- taking medication
- and look after your body and how you feel.



There are 3 types of Care Homes



A. Residential Care gives you extra help in your day to day life.



B. Nursing Homes have a nurse on shift each day as well as staff. They support complex physical, behavioural or mental health needs.



C. Residential and nursing home that care for you if you have dementia.

Dementia changes our brains. It can give you memory problems and make you confused. It normally effects older people.



2. Private Supported Living Services

- help to give you independence and
- support you to learn life skills.

You may share a house with other people.



Your needs decide which home will suit you best and the amount of support you need.

You may want to think about

- where the supported living house is
- room size
- shared spaces
- age and how well you would get on with others.

Staff support you with lots of things.



For example, to

- wash and dress
- shop
- cook
- clean
- take medication
- go to see the doctor
- budget and pay bills
- go to social activities
- help with how you feel.



Staff will support you to make choices. For example, there will be a daily routine but no set bedtimes.



Important information

Belfast Trust Support



HSC Belfast Health and Social Care Trust
caring supporting improving together

We keep working with you no matter what home you choose.

We will help make sure you get all your needs met.



Your Social Worker or Care Manager will do a **care review** with you when you move in. Then once every year.



Care reviews look at your care needs.

They are a chance to talk about

- what you think and what you want
- changes to your health or support needs
- anything you are worried about.



People at your care review include

- you
- your family or someone important to you
- your Care Manager
- a member of staff who knows you well
- other professionals you are happy to be there.



Care reviews can happen any time they are needed.
For example, if your support needs change.

Care Review help make sure your needs keep being met.

Self-Directed Support



Self-Directed Support gives you more choice and control over your support.



It lets you choose

- the type of support you get and
- where, when and how you get it.

You can get support through



- direct Payments** where you are given money to buy your own care.
- the Belfast Trust** where they organise support through their services or private services.
- a mix of the above.**



For more information on Self-Directed Support talk to your Social Worker or go to our website.

www.belfasttrust.hscni.net/service/self-directed-support/

The **Centre for Independent Living** can also help.

They can advise you on

- managing Direct Payments
- and employing a personal assistant.



Call them on 028 9064 8546 or go to their website at <https://cilni.org>.



If you are worried about organising your own care you can ask someone to do it for you. For example, family or a friend.

What to do if you are worried about your care



You have a right to be safe in your home.



If you are worried about your care talk to your

- staff
- home manager
- Social Worker
- or Care Manager.

We will take it seriously.



It is normal to have some problems when you first move in to a new home.

It can take time to get used to the other people who live there and your staff.



Your Care Manager may visit your home if you are worried about your care. They will say what needs to happen to make things better.



Tell someone you trust if you think you or others might be harmed. For example, staff or family.

Staff can support you to report this so something can be done. This is called Adult Safeguarding.



Harm can be caused by many things. For example

- saying nasty things, shouting and swearing
- hitting, pinching, kicking
- touching you in private places
- taking your money
- or not looking after you properly.

For more information go to <https://www.nidirect.gov.uk> 12

How to make a complaint



If you are not happy please tell us as soon as possible so we can make things better.



If you have a complaint you can talk to

- Your Manager
- Care Staff
- a Social Worker
- or a Care Manager.



If you are still unhappy after you have complained then you can contact our Complaints Department.



Complaints Department

BHSCT

7th Floor, McKinney House

Musgrave Park Hospital

Stockman's Lane, Belfast, BT9 7JB



Tel: 028 9504 8000

Textphone: 18001 028 9504 8000

Monday-Friday: 9am-4pm

The Regulation Quality Improvement Authority (RQIA)

The Regulation Quality Improvement Authority have a list of all services. They inspect them to see how well they are doing and write inspection reports.



Copies of these reports are online at www.rqia.org.uk.

Costs moving into your own home



Moving into your own home costs money.

You will need to pay for

- rent
- household bills
- furniture
- transport
- and social activities.



If you have less than £500 in savings you can ask for money to help with some costs.

This is called a **grant**.



If you get benefits you can ask to be paid early. This will help you pay for your move.



You can also ask for a **loan**.

This means you have to pay back the money you are given.



Advice NI and other community advice centres can tell you more about this.



Make the Call helpline can help you understand what benefits you can get.

Contact them for free on **0800 232 1271**.

Supported living costs



You will need to use any Social Security Benefits you get to pay for

- Food
- Bills
- Transport
- and social activities.



You will also need to pay rent.

Housing Benefit may cover this if you get benefits and have less than £16,000 in savings.



You will not need to pay for the cost of your care. This will be paid for by the Belfast Trust.

Housing
Executive



Part of your services may be paid for by the Housing Executive Supporting People Scheme.



You can also get Supporting People money if you get Housing Benefits. It is paid to your provider for housing support costs.



Your staff can support you to get your benefits, budget and pay your bills and rent.

Care home costs



If you move into a Care Home a **financial assessment** will say how much you have to pay for your care. It looks at your savings, benefits or houses you own.



The Patient and Client Accounting Team can help you work out how much you pay for care. This is called your **weekly assessed charge**.

They can see if you can get help to pay your Care Home fees.



Belfast Trust Patient and Client Accounting Team
028 9504 3190.



Once you have paid your care fees there will be money left over. This is called your **Personal Expenditure Allowance**.

You can spend this on clothing or other things.



Your care home pays for your food and most other bills.

More information about costs and money



If you are in a Care Home you can get a **Personal Expenditure Allowance**.

This is money that can be spent on anything you like. For example, clothes, toiletries, hair care, transport, and social activities.



You may also be able to get extra money every week if you get the savings part of Pension Credit.

What happens if you have savings?



We look at your savings to work out how much you need to pay for your care.



If you have lots of savings then you may not get any money from the Trust to help pay for care.

If you **do not** have lots of savings we may not look at them to work out how much you need to pay.



If you are going into a nursing home you may get £100.00 of your costs paid for.

This money is paid to the nursing home.

Go to the NI Direct website for more information.

What happens if you own a house?



If you move into a Care Home they will do a financial assessment after 12 weeks.

This does not happen if you have a husband, wife or dependent relative who lives in your home.



You do not have to sell your house if you can pay your Care Home fees in another way.



If you decide to sell your house then the Belfast Trust may help pay for your Care Home until your house is sold. You can talk to Belfast Trust finance staff about this.



If Belfast Trust helps to pay for your Care Home while you sell your house you must pay this back.



You can get more advice on owning a house and what it means from the Belfast Trust Patient and Client Accounting Department.



Belfast Trust Patient and Client Accounting
Department
028 9504 3190.

Third party top-up



Belfast Trust has a set rate they pay to Care Homes. This is called the **regional set rate**.

Most private Care Homes have their own weekly rate.



If you choose a care home charging more than the Trust set rate someone needs to pay the difference. For example, a family member. This is called the **third party top-up**.

This does not apply if you pay the full cost of your care. But once you have less than £23,250 someone will have to pay the third party top-up.



The third party must sign an agreement with Belfast Trust. This agreement says they will pay the third party top-up.



The Care Manager and someone from the Belfast Trust Finance Department will give the third party information about the financial assessment.



This booklet was co-produced by service users, carers and staff in Adult Learning Disability Services.

Thank you to everyone who took part.



© Easy Read created by TILII Translates January 2023 all rights reserved. Not to be reproduced in whole or part without permission.

