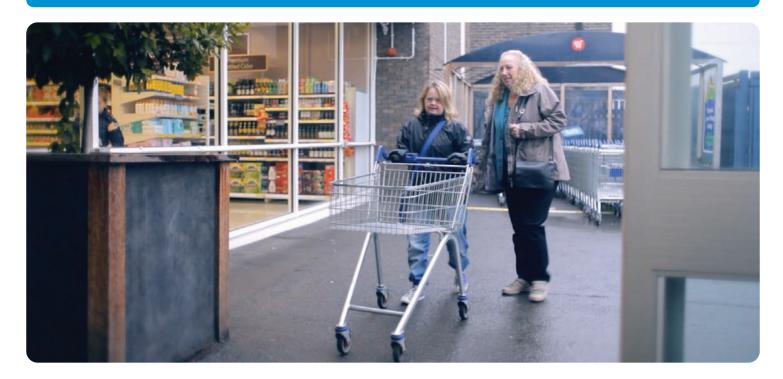


Living the Way You Want Series



Getting Help in Your Home

Easy Read

About this leaflet



This leaflet is made by the Down's Syndrome Association.



→ It is in **Easy Read**.

Easy Read means easy words with pictures to help everyone understand.



We ask Having a Voice groups to help us make Easy Read information.



Having a Voice groups are groups of people with Down's syndrome. They help people have their say.





Having a Voice groups make sure the Easy Read information is easy to understand.



You can find out more about Having a Voice on the Down's Syndrome Association website.

What is in this leaflet?



This leaflet is about getting help in your home.

What you can learn

You can learn about:



help you might need



people who can help you



how to get help

What do I need help with?



Everyone needs help sometimes.

Some things you might need help with are:



looking after yourself



cleaning your house



cooking



• looking after your money



reminding you to do things



doing things you enjoy



dealing with problems you have



helping you feel safe



 going to appointments, for example going to the doctor or the dentist

Who can help me?



Lots of different people can help you in your home.

Some people who could help you are:



a support worker



a personal assistant



a neighbour



• friends and family



a circle of support



→ Support Worker

A **Support Worker** is someone who is paid to visit your home and help you.



They are there to give you any help you need.



Some people have Support Workers who stay in the house all the time.



Other people have Support Workers who come and visit them when they need them.



Remember, it is OK to get more help if you need it. Everyone is different.

Personal Assistant



A Personal Assistant is some who helps you.



They are paid to come and help you in your home, but you are more in control. You are their boss.



There are lots of good things about having a Personal Assistant.

> Having a Personal Assistant can give you more choice about your support. It puts you in charge.



If you choose to have a Personal Assistant, you will have to find the right person for the job.



You can interview people to see if you would like them to be your Personal Assistant. You can get help with this.



Most people get money from their council to pay for people who help them.

This is called a **Direct Payment**.



When you are the boss of a Personal Assistant, you are their employer. This means you have to do certain things. Some of these things are in the law.

Some things you need to do are:



 treat your Personal Assistant fairly and respect them



• make sure they get paid on time



 make sure they get employee rights like holidays and pay when they are sick



 make sure the right taxes and national insurance are paid to the government



• have an employment contact

This is an agreement written down. It tells you what they will do and what you will do if they work for you.



Skills for Care has a list of all the things you need to do in Easy Read.



You can get lots of help to manage your Personal Assistant.

Your family can help you.

Your council can help you.

More information



Skills For Care has information about Personal Assistants.

The **Department of Health** has information about Direct Payments.

Support Tenant



→ Some people have a **Support Tenant**.

A **Support Tenant** is someone who lives in your home and helps you.



They can help you with things like budgeting, cleaning your house or cooking meals.



Support Tenants can be good as someone is there to help you overnight. They can be fun to spend time with.



Be careful who you choose as your support tenant. You need to get on with them!



Support Tenants sometimes don't stay very long. This can be hard if you got to know the person well.

Friends and Family



It can be a bit scary when you live away from friends and family for the first time.

Your friends and family are still there to help you if you need them!



Try to keep in touch with your family when you can.

You could keep in touch by phone, email, text, Skype or FaceTime.

Circles of Support



One way your friends and family can help you is a Circle of Support.

A **Circle of Support** is a group of people who care about you and want to help you.



→ They could be:

- family
- friends
- neighbours
- advocate



People in your Circle of Support are not paid.

They help because they care about you and you want their help.



Circles of Support are all about you.
They talk about:

- what is important to you
- what you want
- how to fix any problems you have



More information

The Foundation for People with Learning Disabilities has information about circles of support:

www.learningdisabilities.org.uk

Thank you



Thank you for reading this leaflet!We hope this leaflet has helped you.

Tell us what you think



We want to know what you think about this leaflet.

Email what you think to: info@downs-syndrome.org.uk

Down's Syndrome Association



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Website: www.downs-syndrome.org.uk

The Down's Syndrome Association provides information and support on all aspects of living with Down's syndrome. We also work to champion the rights of people with Down's syndrome, by campaigning for change and challenging discrimination. A wide range of Down's Syndrome Association publications can be downloaded free of charge from our website.

Contact us

Down's Syndrome Association

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www.dsactive.org



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