

Growing Up In Greater Manchester – A Guide for Young people with Autism and their Supporters

SECTION: HOME

HERE ARE SOME THINGS YOU NEED TO THINK ABOUT:

- When you come to a time of thinking about leaving home, it is important to think about what your ideal living situation would be. Do you want to live on your own, or share with one or more other people? What kind of location and environment would suit you best?
- If you and your parents are happy for you to stay living at home, it is still a good idea to think about how you can become more independent so you have more choices and freedom in the future.
- Whether staying at home or moving on, you need to think about how you are going to contribute to household bills and/or pay rent
- It's good to start learning and practicing your independence while you are still living at home where you have people to help you if things don't go according to plan. Start with small amounts of time by yourself and build up time home alone, and build up the amount of household chores and responsibilities you have.
- Safety is of prime importance, so make sure young people have rehearsed what to do about people coming to the door; know how to keep their phones charged and how to use them for assistance, and can safely use any appliances needed for e.g preparing food.
- It can be hard for people with autism to structure their own time but they also find such structure very helpful. Support them to develop good night and day, eating and activity based routines

TOP TIPS:

- Make sure you have your own mobile phone, keep it charged, and have emergency contacts in it you can call for support
- There are an increasing number of apps and aids that can be used in the home to help keep people safe e.g door cams that allow you to see who is calling before opening the front door
- Each local authority has its own Local Offer online and information about housing and supported housing can be found here. The weblinks for Greater Manchester's local offers can be found at www.autismgm.org.uk and in the Growing up in Greater Manchester document
- Using timetables and alarms can be really helpful in both structuring time and reminding young people what to do at set times. Again there are many apps to help with organisation
- It's important to have a good understanding of money management before leaving home
- Make sure young people know about online safety before leaving them unsupervised

SKILLS CHECKLISTS:

Bronze level suggested targets –

- I have and can use my own mobile phone. It has emergency contacts in it I am confident to call if I need help
- I know my address
- I can prepare a simple meal and drinks (e.g using a toaster and/or microwave)
- I can manage my own bedtime and waking up routine
- I can get dressed independently, including being able to choose appropriate clothes

Silver level suggested targets –

- I can be left home alone safely for an hour or more

- I'm confident about keeping myself safe within my home
- I know how to use the washing machine and can make myself several different meals
- I can keep myself safe online
- I contribute to household bills

Gold level suggested targets –

- I know where my local services are e.g bus stop, GP surgery, pharmacy, supermarket and can access them by myself
- I can keep my home clean and manage all my food shopping and meal preparation
- I understand how to share bills and space fairly with people I live with
- I know where to go to get help with housing related issues
- I know who to call for help when things break or go wrong

RESOURCES AND USEFUL WEBSITES:

This NAS factsheet provides more information and things to think about when looking at various housing options: <http://www.autism.org.uk/supportoptions>

Housing and Support Alliance – Offers online information about housing and support for people with learning disabilities and their families. Website: www.housingandsupport.org.uk

Disabled Living www.disabledliving.co.uk

Disabled Living Foundation – has specific tele-care section: www.dlf.org.uk
(tel. 0300 999 0004)

Use of appropriate assisted technology:

www.keytools.co.uk/assistive-resources/assistive-technology

www.braininhand.co.uk/

<http://www.autism-alliance.org.uk/information-resources/assistive-technology>

Cerebra – A parent guide for internet safety for young people with Learning Disabilities and Autism. Also some Safety Tips when using the internet on a computer and mobile phone.

w3.cerebra.org.uk/help-and-information/guides-for-parents/learning-disabilities-autism-and-internet-safety-a-parents-guide/

NAS Managing Money, including on-line module

www.autism.org.uk/about/benefits-care/managing-money.aspx