

**LIFE
WITHOUT
BARRIERS**

Shared and supported living

Easy English



Easy English

lwb.org.au

Welcome to

Shared and supported living

Easy English



WHAT IS SHARED AND SUPPORTED LIVING?



Shared and Supported Living is when you live

- by yourself or
- with others, and
- get the support you need because you have a disability.



Shared and Supported Living is best for people who need support

- all day, and
- all night.



There are different types of Shared and Supported Living. You can find out about these later in this book.

ABOUT THIS BOOK



You can ask someone to help you read this book.



Some words in this book are in **blue**. You can find out the meanings of these words on page 25.

**LIFE
WITHOUT
BARRIERS
=
LWB**

In this book Life Without Barriers is also called LWB.

WHAT IS IN THIS BOOK



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TYPES OF SHARED AND SUPPORTED LIVING



What are the different types of Shared and Supported Living?

We have different types of Shared and Supported Living that you can choose. These are

- group accommodation
- host family or alternate care, and
- living on your own or with one or two others.



You can find out more about these next.



About group accommodation

Group accommodation is when a few people

- live together, and
- share a house or **apartment**.

There might be 2 to 5 people in your house.



Group accommodation means you will

- have your own bedroom and
- share things like the
 - kitchen
 - bathrooms
 - living room, and
 - outdoor area. For example the garden or courtyard.



In group accommodation you can get

- extra support, and
- help with everyday living.



You can get support
all day, and
all night.

TYPES OF SHARED AND SUPPORTED LIVING



The staff who work in group accommodation have special training. They know how to support people with disability.



We choose our staff very carefully to make sure they are right for the job. We ask people with disability to help us choose.



You have to pay for group accommodation. This is called

- board, or
 - rent.
-



You will also have to sign a **tenancy agreement**. This is a **contract** between you and whoever owns the house you live in. You might live in a house

- that we own
- a house that another **organisation** owns, or
- a house you are renting privately



The **tenancy agreement** includes

- the rules you must follow while you live in the house
- how much you must pay to live there, and
- what the owner must do for you.



You can talk to the owner of your house about any problems you have living there. This is your right.



LWB will also have a Service Agreement with you. This talks about the things

- you agree to do, and
- we agree to do.



About Host Family or Alternate Care

When you live in someone else's home it is called living

- with a host family, or
- in alternate care.



The other people in the house are called the hosts. You will pay money to them if

- you have an income, and
- they can support you with some things.



You can also get other support from people who do not live in the house.

About Independent Living



Independent Living means you live

- by yourself, or
 - with one or two other people, and
- get as much support as you need. This can include support all day and all night.



We can give you whatever support you need. We will work with you to choose the people who support you.



Helping you to reach your goals

Goals are things you want to do in your life.

For example

- to learn something new, or
- live on your own.

We can help you make a plan about your goals.



Your plan will tell us what you

- want and
- need.

For example how you can

- learn to do something new
- get out in the community
- get help with personal care
- get to your work or the place where you study
- do daily activities. For example eating or
- look after your money and important papers.



You can ask someone else to help you make your plan, but

you are in charge of your plan because it is about you.



You can change your plan whenever you like.



We will talk about your whole plan once every year. You can ask to have someone else there when we do this.



What is active support?

We want you to do as much for yourself as you can. When you live in one of our houses we will ask you to help out in the house and try to do new things so you are always learning. This is called **active support**.



What if you need less support?

Shared and Supported Living is not right for everyone. If you

- do not need support all day and all night, and
- want to do more for yourself

you should think about other places to live.

You can talk to us about this.

OTHER SUPPORTS



What other supports can we give you?

Your plan might include supports outside where you live. We have lots of other supports you can choose from. For example **Lifestyle Supports**. These include things like

- day activities
- learning new things, and
- getting ready for a job.

We can put these in your plan if you want.



OUR PROMISE



What we promise to do

We will ask you first if we need to

- get information about you
- keep information about you
- talk to others about you, or
- use your information in any way.

This includes using your picture.



It is very important to tell someone if you are not happy about something. You can tell

- us, or
- someone else.

We want to do what is right for you.

ABOUT STANDARDS



There are rules about how we should support people with disability. These are called the **National Disability Standards**. These rules are there to make sure you are treated

- well, and
- fairly.

We must follow these rules when we support you.



This means

- you have the right to have a say about what happens in the house you share. You have the right to be treated
 - well, and
 - fairly

by everyone who lives with you.





- we will help you to
 - stay in touch with your family and friends, and
 - be part of the community.
-



- we will help you to learn new things so you can reach your goals. You will be in charge of your plan.
-



- we will ask you how things are going, and do something if you have any problems.
-



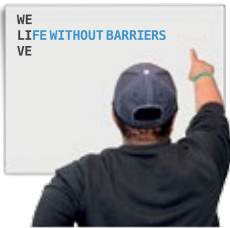
- we will ask for
 - your ideas, and
 - your help with our planning.

ABOUT STANDARDS



we will be

- fair, and
- treat you the same as others.



we will do these things if you are

- using our services, or
- choosing another service.



we will make sure

- we are doing our job well, and
- you know who to talk to if there is a problem.

ABOUT LWB



About LWB

LWB has lots of different services for people with disability.

We want you to be able to

- choose the services you want
- make decisions about your services, and
- do as much as you can for yourself.



We have a list of things that we think are important. These are called our **values**.

We will stick to our values when we support you.



We will

- **build relationships.** This means we will
 - listen to you, and
 - make sure we understand what you need.

ABOUT LWB



- **be imaginative.** This means we will always try to think of
 - new ideas, and
 - better ways to do things.
-



- **be respectful.** This means
 - we will treat you well
 - we will care about you, and
 - you will be important to us
-



- We will not treat you differently because of
- where you were born
 - your religion, or
 - the way you live your life.
-



- **be responsive.** This means we will make sure you get what you need from us. We will
 - do our job, and
 - do it well.



- **be courageous.** This means we will do what we think is right even it is hard to do.
-



We also have other services for people all around Australia.

These include

- care for children and families
 - support for **Aboriginal and Torres Strait Islander** people
-



- care for people with
 - **mental health** needs, and
 - housing needs.
-



- support for **refugees** and **asylum seekers**
-



- care for older people.

CONTACT US

You can contact us by



Post 352 King Street
Newcastle NSW 2300



Phone 02 4033 4500



Email yourlwb@lwb.org.au



You can

- ask questions, or
- tell us what you think.

Phone 1800 935 483



If you have trouble speaking or hearing you can phone the National Relay Service.

TTY 133 677

SSR 1300 555 727

Internet relay www.relayservice.com.au

IMPORTANT CONTACTS



You can write your LWB contacts here
or
you can also ask someone else to do this for you.



Write the address of your local office here

.....

.....

.....



Write the phone number of your local office here

.....



Write the email address of your local office here

.....

Write the name of your contact person here

.....



Write the name of their **supervisor** here

.....

IMPORTANT CONTACTS



You can email someone like you who is getting support from us.

Email dsac@lwb.org.au

WE
LIFE WITHOUT BARRIERS
VE

You might want to talk to someone who is not from LWB. Write who you can talk to here.

.....

WHAT DO THESE WORDS MEAN?

apartment	A home that is part of a group of homes. It might be in the same building as the other homes or on the same block of land. Apartments can also be called units.
contract	An agreement between <ul style="list-style-type: none">• two people or• a person and an organisation, The law can be used to make sure the people who sign the contract do what has been agreed.
organisation	A group of people who work together to do a job or give a service.

WHAT DO THESE WORDS MEAN?

Aboriginal and Torres Strait Islander

People related to the **first Australians**. **First Australians** are people who lived in Australia before others came from overseas to live here.

Aboriginal and Torres Strait Islander people are also called Indigenous people.

mental health

The way you think and feel. People who have a mental health condition might

- feel very sad all the time
- very worried all the time, or
- they might see or hear things that are not really there.

refugees

A person who has been forced to leave their country because their life is in danger. This might be because of

- war
- their religion, or
- a natural disaster. For example
 - a flood, or
 - earthquake.

asylum seeker

A person who has left their home country because

- they disagree with the government, and
- believe they will be treated badly because of what they believe.

The person then asks to live in another country to be safe. This is called seeking asylum.

WHAT DO THESE WORDS MEAN?

supervisor

A person who is in charge of

- other staff, and
- the job the staff do.

**customer
representative**

A person who

- looks after customers, and
- helps with any problems.

The Easy English in this book was written by Clear Words (www.clearwords.com.au) and LWB.

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Connect with us

Your local LWB office is: _____

Your local LWB contact details are: _____

Your LWB contact person is: _____

Their supervisor is: _____

Your local LWB customer representative can be reached through: dsac@lwb.org.au

Local independent organisations you can talk to:

LIFE WITHOUT BARRIERS

Connect with us

Phone: 1800 935 483

Email: yourlwb@lwb.org.au

If you have hearing or speech impairment, the National Relay Service can help you with your call to Life Without Barriers.

Speak and listen: 1300 555 727

TTY: 133677

SMS relay number: 0423 677 767



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