



# Making a Home

A practical guide to creating a home and moving to the community



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# Contents

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Introduction

3



How we do it

4



1. Housing, health and safety

5



2. Designing homes for people

7



3. Support

12



4. Making your own decisions

15



5. Benefits

18



6. Moving

21



7. Living in your new home

24



8. It's your home

26



For more information

28

# Introduction



This guide comes from the Health Service Executive.



We are responsible for providing health and social care services in Ireland.



This document explains how we should make a home for disabled people in their local community.

# How we do it

When we think about homes in the community we will:



- Help people to lead ordinary lives in ordinary places.



- Involve people in deciding what is best for them.



- Give people information.



- Ask people what they think and listen to them.

# 1. Housing, health and safety



When you move into a new home, you should make sure that it is right for you.



For example:

- Are the doors wide enough for your wheelchair?



- Is the bathroom accessible?



When you move into your house, you may have to make some alterations before it is right for you.



The law says that new buildings must be accessible to disabled people.



You can get more information from:

- The housing agency:  
[www.housingagency.ie](http://www.housingagency.ie)
- Your local council:  
[www.housing.gov.ie/local-government/administration/local-authorities/local-authorities](http://www.housing.gov.ie/local-government/administration/local-authorities/local-authorities)



## Safe from fire

The law has rules about keeping safe from fire in:

- Rented homes
- New buildings



## 2. Designing homes for people



People with different disabilities might need their home to be designed in different ways.

There are guidelines about building homes for:



- People with dementia. Dementia is where people find it hard to remember things.



- People with a disability and a difficulty with eyesight.



- People with Autism.



- People with wheelchairs, frames or mobility scooters.

When building new homes for disabled people, builders should think about things like:



- Space near the entrance for accessible car-parking.



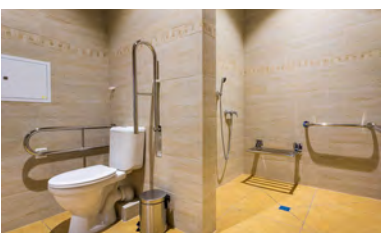
- Level floors and doorways so that wheelchairs can move easily.



- Wider doors, entrances and hallways, so that people can move around easily.



- Stronger walls and ceilings so that you can put up rails and hoists.



- A toilet and shower near the entrance on the ground floor.



- An easy way to get from the bedroom to the bathroom.



- Sockets and light switches that you can reach from a wheelchair.





## Involving people

Builders should involve the disabled person in planning a new building.

## Choosing things for your home

You need to choose things that are right for you.



This might include:

- Washing machines



- Dishwashers



- Microwaves



- Cookers



- Kettles



- Televisions



## Furniture

You can say what furniture you want.



You can help to choose how your home will be decorated.



## Aids and appliances

This is equipment that helps you with everyday activities.



They may include:

- A stairlift
- A special bed
- A hoist



## Assistive technology

Assistive technology is equipment that helps you to be more independent.



You should look at what assistive technology might be helpful in your home.



This could be cameras, sensors and alarms.

These help you to keep in touch with your support workers.

You can use them to get help in an emergency.



## Smart phones and tablet computers

There are lots of different ways that phones and computers can help you to be more independent.



There are new **apps** all the time.



An **app** is a computer programme that you can use on your smart phone or tablet computer.

# 3. Support



People may need some help to be able to make their own decisions about moving into a new home.



## Advocacy

An advocate is an independent person who helps you to speak up. They may speak for you at difficult meetings.



The National Advocacy Service will help you. Contact them on:

**[www.citizensinformationboard.ie/en/services/advocacy/](http://www.citizensinformationboard.ie/en/services/advocacy/)**



## Self advocacy

This is where you work with a group of disabled people to:



- Learn more about your rights.



- Get more confidence in speaking up for yourself.



- Make things better for all disabled people.



- Taking more control over your life.



## Person centred planning

Person centred planning is a way of working with a disabled person to work out what is best for them.



You go to all the meetings.

You are involved in making all the decisions.



You can have an advocate with you if you want.



## Being more independent

When you move into your own home, you have the chance to learn the skills which help you to be more independent.



This might include:

- Cooking.
- Looking after your own money.
- Using local buses and trains.
- Speaking up for yourself at meetings.
- Learning how to stay safe.



## Keeping people safe

We need to think about how each person stays safe in their own home.



We need to look at all the things that might happen, and plan for ways to keep you safe.



We will involve you, your family and carers in working out how to keep you safe.

# 4. Making your own decisions



Most people will be able to make their own decisions about moving to live in their own home.



You will be able to decide what you want when you are making your person centred plan.



You will have family and friends with you to help you.



## If you can't make your own decisions

Some people are not able to make their own decisions.



There are rules that people must follow when someone is not able to make their own decisions.



## Voting in elections

When you are living in your own home, you will be able to vote in elections.



Before you can vote, you need to register.

This means your name goes on the list of people who can vote.



## Making a will

A will is where you say what should happen to your money and things when you die.



You should write your will. You can get support and help to do this.



## Looking after your money

You may want to have your own bank account.



You may need this so you can look after your money properly.



You can get information about looking after your money from:  
[www.inclusionireland.ie](http://www.inclusionireland.ie)



## A Tenancy

If you are renting your home you will have a **tenancy**.



A **tenancy** is the agreement you have with your landlord.

It is an agreement under the law.



It explains all the the things that your landlord has to do.

It also explains all the things you have to do.

It explains your rights when you are living in your home.



The main things you have to do are:

- Pay the rent
- Look after your home properly

# 5. Benefits



Benefits are money and other things that the Government gives to people so that they can live.



## Public Services Card

You will get a Public Services Card. You need this to be able to get your benefits and other things.



## Disability Allowance

Disability Allowance is the money that the Government gives to disabled people.



The Government has rules to decide how much money you can get.



You can either:

- Collect the money at the post office.



- Arrange for it to go into your bank account automatically.



## Free travel scheme

You will be able to travel for free on most buses, rail and trams.

## Other benefits

You might be able to get certain other benefits:



- State pension. This is for people over age 66.



- Household benefits.



- Blind pension and Blind Welfare Allowance.



- Housing Assistance Payment - to help you pay your rent.



## Medical card

You can get a Medical Card.

This means you can get different health services for free.



This includes:

- Seeing your doctor.



- Medicines and tablets.



- Hospital services.



- Dentists, Opticians.

# 6. Moving



## Getting your home ready

You will probably need furniture, kitchen equipment and bedding.



Your service provider can help you find these things.



You might be able to get some money called an Exceptional Needs Payment.



This is money that is given to people who can't afford to pay for certain important things out of their weekly money.



Make sure you know all about your new local area - like:

- Where you can park.
- How to keep safe.

## Getting ready to share a home

If you are planning to share your home with other people, you should think about:



- Visiting the home before you move.
- Choosing the support staff you want.
- Meeting the staff that support the other people in the house.
- Meeting the other people who will be living there.
- Organising how you will live together.
- Putting people's pictures into your support booklet.



## Moving day

You and your support staff need to:



- Make sure you have time to do all the things you need to do.



- Keep family and friends informed.



- Move your personal things.



- Make sure there is enough food in the new home.



- Move your medication.



- Check any assistive technology.



- Check the water, gas, electricity, TV are all connected and working.

# 7. Living in your new home



## Running the new house

If you are sharing a home, you need to work out how people are going to share the cost of things.



Your service provider will help you with this.

There are rules about how your money can be used.



## Keeping safe

You should check that everyone knows about:

- The first aid kit.
- The fire extinguishers.
- How to get out in an emergency.
- How to use electricity safely.
- Smoke alarms.
- Alarms against poisonous gases.





## Healthy eating

Living in your own home means that you can choose what you eat.

However it is important that everyone knows about healthy eating.

## Transport



You will want to get out and about in your new local community.

You should choose the best way of travelling for you. This may be:



- Using the local bus, train or tram.



- Using the service provider's car or minibus.



- Going with your support staff, family or friends in their car.

## 8. It's your home



Although it is your home, it is also the place of work for your support staff.



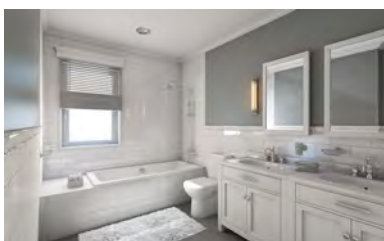
We want your home to feel like a home, not an office.



If you need a room for staff to sleep, it should be like a spare room in someone's home.



If the staff need an office, it should be like a home office in someone's home.



In most cases staff will use the same bathroom as you use.



There will be certain rules about how your home is run. These will include:



- Keeping personal information safe and private.



- Rules that keep staff safe when they are working alone.



- Keeping proper records of things.



- Safe ways for your staff to come to and from work.

# For more information

If you need more information, please contact us by:



Email: [timetomoveon@hse.ie](mailto:timetomoveon@hse.ie)



Website: [www.hse.ie/timetomoveon](http://www.hse.ie/timetomoveon)