

Independent Living



This easy read information is from Ask Us Nottinghamshire - Young People's Zone.



This document tells you about independent living.

The Care Act



The Care Act includes things like:



- Someone's control over their day-to-day life.



- Living somewhere that is right for them.



- How someone can be a part of their community.



By law, local authorities must consider each person's views, wishes, feelings and beliefs.



Depending on where you live, you can [contact Nottinghamshire County Council](#) or contact [Nottingham City Council](#) to talk about your options.

What do I need to think about?



There is [a video on our webpage](#) about independence.



You will need to think about:



- The options you have about where you live.



- Any support or help that you need to be able to look after yourself.



This might include thinking about your independence skills such as:



- Cooking



- Housekeeping



- Travelling



- Handling money



If you have a social worker, you can talk to them about where you can live, and what you want to happen in the future.



Your social worker can help you with planning.



If you have an EHC Plan, it might be helpful to ask your social worker to come to your EHC Plan annual reviews.



If you already have support from social care services, you should be offered a **transitions assessment** if you are likely to have some social care needs when you turn 18.



You can visit our ['Transferring to Adult Social Care Services'](#) section of the website for more information.



If you do not already have support from social care services, you can get in touch with your local authority.



Your local authority is Nottinghamshire County Council if you live in Nottinghamshire.



Your local authority is Nottingham City Council if you live in Nottingham City.



You can find out more [information here about getting an assessment.](#)

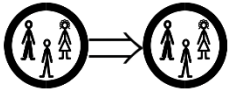
What the different living arrangement options?



- Staying in your own home.



- Move on Schemes.



- Living with another family: Shared Lives Schemes.



- Residential care and nursing homes.



- Getting your own home.



The [Your Notts Directory, SEND Local Offer-housing and support](#) website:



- Can tell you more about these options.



- Has details of where to go for housing advice and support, supported living and sheltered housing.



- Includes all local district housing offices in Nottinghamshire.



Nottingham City Homes can give [advice on Independent Living](#).



[Nottinghamshire County Council](#) can offer support to help people stay living at home safely or in their own communities.



[Brighter Futures](#) provides housing-related support for people in Nottinghamshire, who have a range of support needs such as Autism, Learning Disabilities, Asperger's, or where they don't meet the criteria for statutory adult social care.

Supported Housing



If you are thinking of moving away from your family home, you might want to consider supported housing.



Supported housing is available for people who are vulnerable or have a disability.



It helps you to live independently and still get the care you need.



[You can find out more about Supported Housing services here, on the NHS website.](#)



It's a good idea to do lots of research and visit any supported housing schemes that

you are interested in, before making an application.



This is so you can:



- See the accommodation.



- See the support available.



- Meet other residents.



- Speak to staff members about your care needs.

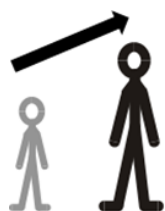


To find out more about supported housing options in your area, you should contact your Local Authority.

More support information



If you live in Nottinghamshire County-
Promoting Independence Workers (PIWs) from the [Maximising Independence Service](#) (MIS) may be able to work with you on your independent living skills goals if you are 17.5+ years old.



If you need accommodation through Nottinghamshire County Council from age 18, you can refer to the [Preparing for Adulthood team](#).



If you live in Nottingham City–
Maximising independence and supported living options can be accessed here: [Care and Support Needs](#).

Where can I get help?



You can [contact Ask Us Nottinghamshire](#) for information, advice or support about independent living.



The Ask Us Nottinghamshire service is here to help with a range of issues.



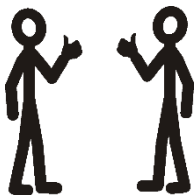
We can:



- Give you advice.



- Talk to your parents.



- Help you identify someone at your school who can support you.



If you would like to talk to us about the information you have read on this page, please contact us.



- [Visit our website.](#)



- Email: enquiries@askusnotts.org.uk



- Phone: 0800 121 7772

Links in this document

Ask Us Nottinghamshire Young People's Zone- Independent Living, including the video about independence

askusnotts.org.uk/young-people/independent-living

Contact Nottinghamshire County Council

nottinghamshire.gov.uk/global-content/easy-read-library/contacting-nottinghamshire-county-council-easy-read

Contact Nottingham City Council

nottinghamcity.gov.uk/your-council/contact-us

Ask Us Nottinghamshire Young People's Zone- Transferring to adult social care services

askusnotts.org.uk/young-people/transferring-to-adult-social-care-services

Getting a social care needs assessment

nhs.uk/social-care-and-support/help-from-social-services-and-charities/getting-a-needs-assessment/

Your Notts Directory - SEND Local Offer- housing and support

<https://www.yournottsdirectory.org.uk/send-local-offer/nottinghamshire/preparing-for-adulthood/housing-and-support>

Nottingham City Homes - advice on independent living

ncchousing.org.uk/your-home/independent-living/independent-living-communities/

Nottinghamshire County Council - somewhere to live

nottinghamshire.gov.uk/care/adult-social-care/somewhere-to-live/somewhere-to-live

Brighter Futures- Framework website

frameworkha.org/about-us/our-services/

NHS information about supported living

nhs.uk/social-care-and-support/care-services-equipment-and-care-homes/supported-living-services/

Nottinghamshire County Council- Maximising Independence Service

nottinghamshire.gov.uk/care/adult-social-care/help-living-at-home/enabling

Nottinghamshire County Council- Preparing for Adulthood Team

nottinghamshire.gov.uk/media/121779/preparingforadulthood.pdf

Nottingham City Council- Your Care and Support Needs

healthandsocialcareportal.nottinghamcity.gov.uk/web/portal/pages/needs

Contact Ask Us Nottinghamshire

askusnotts.org.uk/contact

For the plain English web page version of this information, go to:

[Independent Living - Ask Us Nottinghamshire](https://askusnotts.org.uk/young-people/independent-living)

<https://askusnotts.org.uk/young-people/independent-living>

This easy read was first published 14 April 2026.

This information was last updated 14 April 2026.