

# **SUPPORTED LODGINGS FAQs**

## **WHAT IS THE AIM OF SUPPORTED LODGINGS?**

The aim of Supported Lodgings is to provide a young person experiencing homelessness with a supportive home environment, while they are working with Depaul UK staff to develop the practical and emotional skills to support independent living.

## **HOW DO I BECOME A SUPPORTED LODGINGS HOST?**

The assessment process is thorough and therefore likely to take at least three months. Typically, there will be at least three home visits throughout the process. This will involve:

- Completion of an application form
- Interview with the host about their household circumstances, interest in the role/working with young people, relevant skills/previous experience, and attitudes/values
- References, enhanced DBS check (on all members of the household over 16 years old and regular/overnight visitors) and local authority check
- GP reference (only if there is reason to believe that a host's health is a potential concern)
- Home health and safety assessment
- Check of suitable home insurance (and car insurance, if they will drive young people too) and approval to participate in the scheme by their landlord.
- Check that all members of the household (e.g. any children) are comfortable taking part in Supported Lodgings
- Satisfactory completion of a programme of induction training, which includes safeguarding training
- Once these steps are completed, a report containing information about the potential hosts and their application, will be presented to an approval panel to decide if they are successful.

## **WHAT ARE MY RESPONSIBILITIES AS A SUPPORTED LODGINGS HOST?**

Hosts responsibilities in supporting individual young people could include:

- Support building the daily living skills that will be needed for independent living. For example, helping the young person with shopping/cooking/meal planning; guidance around cleaning, laundry and household management; advice around budgeting; and encouragement to maintain self-care.
- Offering day-to-day emotional support, constructive and impartial advice, and a listening ear when the young person needs it.
- Acting as a positive and supportive role model.
- Supporting young people to establish and maintain positive relationships, including facilitating visitors.
- Encouraging young people to participate in education, training and/or employment.

- Involvement in placement reviews as required, such as to feedback on the young person's progress since the last review.

### **HOW WILL DEPAUL UK SUPPORT ME THROUGHOUT THE PROCESS?**

In the first four to six weeks of a Supported Lodgings placement, staff will carry out a supervision session with the host every week to ensure that adequate support is in place and any emerging issues can be managed at an early stage. The frequency of supportive contact with the host should be flexible and accommodate the host's needs, but there should always be an informal check-in at least once a week. After six weeks, supervision sessions should then take place once a month.

If you become a long-term host, formal refresher training should be completed at least every two years, and hosts should be offered regular opportunities to participate in additional training relevant to the role.

### **HOW WILL DEPAUL UK SUPPORT THE YOUNG PERSON WHILE THEY ARE IN SUPPORTED LODGINGS?**

Each young person accessing Supported Lodgings will draw up a personal support plan with staff at Depaul UK. The plan will help the young person to set goals and works towards finding their own accommodation, as well as acquiring the skills they need to live on their own. The plan will be supported by Depaul UK staff and the Supported Lodging host. It will be reviewed at least every three months and will include a discussion of the young person's progress towards readiness for independent living.

### **WHAT HAPPENS IF SOMETHING GOES WRONG?**

All hosts will have access to on-call support, so that they can access advice from experienced staff in any emergency situation or a serious incident that arises out of hours.

### **WHAT HAPPENS AT THE END OF THE PLACEMENT?**

A review must also take place at the end of each placement or annually, whichever comes sooner. This will provide a valuable opportunity to review:

- The hosts circumstances
- The progress of an ongoing placement
- Any learning from the placement
- Any training/support needs
- Any health and safety issues

### **IS SUPPORTED LODGINGS SUCCESSFUL?**

Young people accessing Supported Lodgings are generally very positive in terms of increasing participating in education, training and employment; achieving a sustainable move-on, and building healthy relationships with others. Young people are also supported to improve their confidence and self-esteem and increase their participation in wider society.

### **WHAT PAYMENTS DO SUPPORTED LODGINGS HOSTS RECEIVE?**

Hosts will receive regular payments and young people are required to contribute towards these. The amount varies between services (e.g. due to local housing costs), but will include a rent contribution, service charge (for utilities and meals), and a “top-up” to recognise the support given to the young person.