

BEST PRACTICE BRIEFINGS: SUPPORTED LODGINGS AND ENHANCED SUPPORTED LODGINGS

Llamau

 Barnardo's



Supported Lodgings is a model of housing and support for young people who would benefit from a more nurturing environment.

Supported Lodgings schemes provide young people with a safe place to stay, in a room of their own, in the home of a vetted and trained host in a private house. The host and the young person receive support from a specialist organisation. This combined and tailored support, from a host and specialist organisation, enables young people to develop independent living skills in a supportive family environment helping them to develop the skills to live independently. Supported Lodgings placements are a medium-term temporary housing option that tend to last from six months to two years.

Enhanced Supported Lodgings, is a less common model, which aims to house young people considered to have more complex support needs in the homes of hosts who are experienced in such provision.

What does the scheme hope to achieve?

“ I feel loved and supported.
That is the main thing isn't it... I feel
because I live with a family, and I am
a family person myself, I feel included.
I feel like I am part of something. ”

Loren, 17

The unique structure of the support offered where professional and specialist support is combined with more informal support within a family environment offered by the host is an effective model of housing

and support. Young people staying in Supported Lodgings have told us they have a great 'support bubble' around them they feel safe, loved and live somewhere that feels like home.

Location

EYHC surveyed local authorities about the provision of Supported Lodgings in early 2021. Supported Lodgings schemes are being provided either internally or by a third sector organisation in fifteen of Wales' twenty two local authorities.

Originally developed for care leavers, the Supported Lodgings model is also used to accommodate homeless young people in some local authorities. Four of the fifteen local authorities EYHC spoke to provide a Supported Lodgings service for care leavers.

Llamau run an Enhanced Supported Lodgings service in Carmarthenshire. There is evidence of need for Enhanced Supported Lodgings schemes, designed for young people with a variety of support needs including those with multiple and complex needs. This is a similar model to Supported Lodgings but would need to be adapted with specialist host training and premium payments similar to the approach taken in intensive fostering.

Implementation

Matching young people to the right household is important in order to achieve successful schemes and placements. Third sector and local authority providers of schemes spoke of the importance of having a dedicated worker to develop Supported Lodgings schemes and ensuring young people are matched with the right household.

One dedicated Supported Lodgings worker explained her role in the matching process. She takes hosts through the matching process enabling her to build relationships with them, which in turn helps with matching:



I will be the one who will do the assessment with the hosts. I will take them to panel. I will then continue to supervise them so before they get to be Supported Lodgings hosts I spend about three months getting to know them.

Supported Lodgings worker



Case study: Barnardo's Supported Lodgings Swansea

Adam (anon)

Adam presented to the Barnardo's BAYS+ Youth Homeless Prevention service seeking help because of a breakdown of his relationship with his mum. Adam was just 16 at the time. Adam had a younger brother who was physically abusive towards him and his mum was unable to protect him from his brother's violent behaviour.

The assessing officer felt that Adam was at further risk of harm if he returned to the family home and with the agreement of him and mum he was placed in the emergency bed in supported lodgings. Adam was anxious and shy when he first went to the accommodation however the supported lodging providers were able to help Adam feel more at home, once the assessment was completed Adam moved into one of their permanent placements.

When Adam moved into supported lodgings he was very unsure what his future would hold and was anxious about making decisions. Adam had signed up for an Engineering course but not long after he started he said he was not enjoying and wanted to join the army. At the time Adam was very impulsive and needed to be supported to look at all his options.

His lodging providers were key to this as these conversations could happen around the dinner table or as part of everyday activities akin to the support that family would give. Adam finished his first year but decided not to go back to Engineering, he chose instead to do Health and Social Care by this time he was much more settled and wished to become a social worker so that he could help young people like himself.

Adam finished his course in college and was accepted to study social work in Swansea University. Throughout his college years he was supported and encouraged by the lodging providers and it was amazing to see his confidence grow. Adam was able to move into his own tenancy just before he started in University.

Adam qualified as a social worker in 2021 and has just been employed by a Local Authority as a social worker. He has a much more positive relationship with his mother. Adam has continued working with Barnardo's helping out with participation events. He remains in contact with his lodging providers and has become a respite provider with the service so that young people can remain in placement if the providers have a break away.

Case Study: Enhanced Supported Lodgings

Llamau runs both Supported Lodgings and Enhanced Supported Lodgings schemes in Carmarthenshire; it is expected that the needs of the young people in the enhanced provision are higher. Llamau refer to hosts that provide Enhanced Supported Lodgings placements as 'super hosts'.

There is a whole team approach to the delivery of the service and everyone supports each other to support the young person in a family environment. The young person has a designated support worker and the host also receives support and additional training in order to best meet the needs of the young person.

One of Llamau's super hosts explained that she provides specialist placements for young people with mental health issues and conditions like ADHD and autism. She worked in mental health services and often advocates for young people, to help them access mental health support and services. She described a good outcome as seeing a young person move on and knowing they are stabilised, telling us that nine times out of ten young people move out and successfully live independently, getting a job or some support to get into employment.

More Information

EYHC has produced research on Community Hosting in Wales 'A Better Way Home: Community Hosting as a Way to Prevent Youth Homelessness'.

At EYHC, we will offer any help or support for organisations to understand more about Upstream Cymru. If you'd like to get in touch please contact: billrowlands@llamau.org.uk