

*The Child Brain Injury Trust is a national charity supporting anyone affected by childhood acquired brain injury. The following information has been developed to help the reader understand more about brain injury and some of the associated issues. Every effort has been taken to ensure the information is accurate and up to date. If you require more immediate support or assistance please contact our **Advice, Information & Referral Service on 0303 3032248.***

The following E-Learning sessions which families and professionals can access without charge may also be beneficial:

[Lost in Transitions](#)

[Sexuality and Relationship Transitions](#)

[Transition to Adulthood](#)

When you turn age 16, you have the right to decide where you want to live, although the majority of young people will not make this move so young in life.

Options might include:

- applying for sheltered housing through your council or housing association
- moving into private rental accommodation, alone or with friends
- applying for a council or housing association house or flat
- continuing to live at home with your parents or carers

Sheltered Housing:

For some people, sheltered housing may be a good introduction to independent living. Sheltered housing enables people to live independently, sometimes in shared flats, with a warden to call on in emergencies. Some sheltered housing schemes are designed specifically for disabled people and may have specialised facilities and staff.

Rented Housing:

If you want to move into private rental accommodation, think about whether the property is suitable for your needs. Private landlords do not have to make adjustments to their properties for disabled tenants. However, you may be able to make (and pay for) an adjustment yourself with your landlord's permission. This may be on the condition that you remove or reverse the adjustment at the end of your tenancy.

Social or Council Housing:

Another option is to apply for a council or housing association flat or house. These properties are sometimes called social housing. To get a place in social housing, you need to be on a waiting list. Your first step should be to discuss your housing needs with someone in your Local Authority Housing Department.

Staying at Home:

If you decide to stay at home, ask your local Social Services for a new assessment of your needs as you approach adulthood. With the right support or equipment, you may be able to do some tasks for yourself that others may have done before.

Top Tips

- Living independently comes at a financial cost. Financial support may be available to assist individuals move to independent living but it is important that you speak with your Local Authority about this and be clear about what to expect.
- With social or council housing, priority is given to people who already live or work in the area, so it makes sense to apply locally.
- You can find out more about your rights as a tenant from the Equality and Human Rights Commission at www.equalityhumanrights.com/your-rights/service-users/housing.
- Whatever the decision regarding living arrangements, you should ask Social Services for a new assessment to identify needs in preparation for adulthood.

MAKE A DONATION TODAY

The Child Brain Injury Trust relies on grants and donations to enable us to continue our work supporting families affected by childhood acquired brain injury.

Please help us to continue our work by making a donation today – [CLICK HERE](#) to make a one off donation or set up a monthly gift.

Thank you – your donation does make a difference.



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Produced by: The Child Brain Injury Trust | Tel: 01869 341075 | office@cbituk.org | www.childbraininjurytrust.org.uk

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