

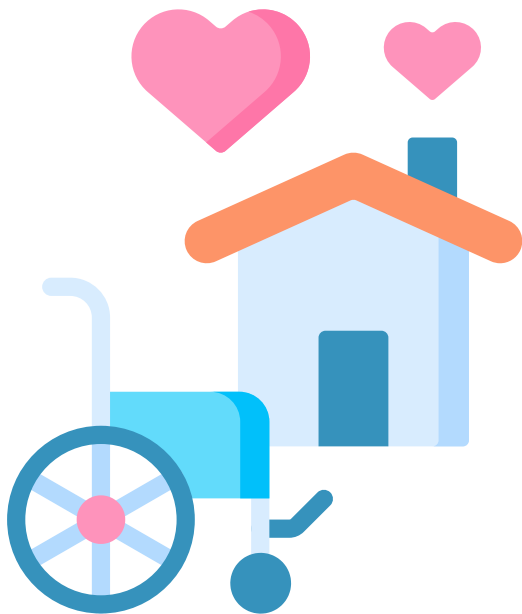


CARERS COMMUNITY CHRONICLE

Edition: Summer 2025

Edinburgh

Welcome to Our Newsletter for Carers *Housing edition*



Each edition will provide the latest **carer updates** from The Action Group, news on **benefit changes** that may impact you or your loved-one, and highlights of upcoming **carer events and training** opportunities in **Edinburgh**.

Did you know?

In Scotland, adults with additional support needs have the right to a social care assessment from their local council to determine their housing and support needs.



Carer Involvement Officer - Alisa Jaakkola
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In this edition

Carer Advice -
Parent Carewell and BEMAS

Welfare Rights Updates

Housing Options for Adults with
Additional Support Needs (ASN)

Housing Resources and
Services

Carer Events and Resources



**You can find our
Carer Group now
on Facebook!**

FOLLOW US



Alisa Jaakkola's Corner **Carer Involvement Officer**

Greetings from Alisa, our Carer Involvement Officer!

Dear Parent/Carers,

For young people with additional support needs, the path to independence doesn't look the same for everyone and that's okay. Some may be ready to move into supported housing, while others may take smaller steps while still living at home.

As parents and carers, it's natural to feel uncertain about the future. This newsletter will hopefully offer a starting point: A guide to different housing options, practical advice on planning and support, and a simple checklist to help you take the next steps at your own pace.

The aim is not to give one answer, but to offer insight into the choices available, and remind you that this journey doesn't need to be rushed or taken alone. However independence looks for your loved one, we hope these resources provide support and reassurance along the way.

With warm wishes,
Alisa

Carer Advice for Parent/Carers in Edinburgh

Did you know that The Action Group's Carer Advice service provides advice and support for parent/carers at all stages of their caring journey?

The Parent Carewell Service is a collaborative initiative delivered by four partner organizations: The Action Group, Edinburgh Development Group, FAIR, and VOCAL.

Our service provides carer-specific information, welfare rights advice, and holistic wellbeing support for parent/carers of children with additional support needs (ASN).

We're part of the
**Parents Carewell
Partnership**



Carer Advice is there to:

Help you think through what support you need in your own right as a carer

Help you complete Adult Carer Support Plan (ACSP)

Help you apply for grants where needed

Connect you to essential services like Housing, Education, and Social Work.

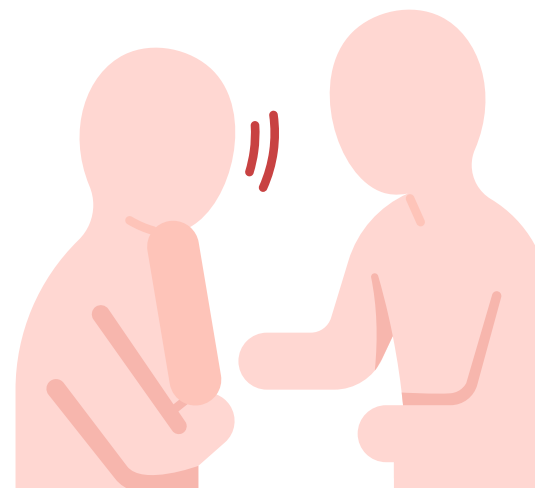
Monthly Carer events for parent/carers from Black and Ethnic Minority communities

Information sessions and workshops for parent/carers

Family days for parent/carers and their loved-ones

The Black and Ethnic Minority Advice Service (BEMAS) -

advice for Black and Ethnic Minority parent/carers of children with additional support needs living in Edinburgh



CONTACT US

Whether you are a new parent/carers looking for guidance or have been caring for longer and need extra support, our friendly team is here to help.

To get in touch

[CLICK HERE](#)

Welfare Rights Advice and Updates



Carer Support Payment – earnings limit

The earnings limit for Carer Support Payment (previously called Carer's Allowance) has increased to £196 per week. If you work part-time and were not entitled before because of your earnings, you may now be able to get this benefit. You can find out more information [here](#)



Once you receive Carer Support Payment, if your earnings exceed £196 per week you must contact Social Security Scotland to avoid overpayment, as your entitlement will end.

Universal Credit – monitoring claims



If you receive Universal Credit, it is a good idea to check your online journal at least once a week for letters, messages and things on your 'To do' list and also to check every monthly statement. If the amount you are paid changes and you are not sure why, ask Universal Credit about this and get in touch with an advice agency if needed.



If there have been changes in your circumstances that might affect your Universal Credit, you should report these as a change in the 'Home' section of your online journal. Here are some examples, but get advice if you want to check about another change: new income from work or something else; increase or decrease in savings; new address; change in who you live with.

Welfare Rights Advice and Updates

Reaching pension age



Pension age is currently 66 for both men and women. It will rise gradually to 67 between 2026 and 2028. You can check when you will reach pension age [here](#).

There are significant changes to benefits when someone reaches pension age. The Department for Work and Pensions usually sends you a letter about claiming State Pension. You may also be entitled to Pension Credit but the DWP does not send a specific letter about this, even if you have been receiving benefits like Income Support, income-related Employment and Support Allowance or Universal Credit.

If you or someone you care for are approaching pension age, you can get in touch with an advice service to discuss your entitlements.



Have benefit enquiries?

Email us at careradvice@actiongroup.org.uk
or call 0131 285 5207 to request a call back
from our carer advice team.

Housing Options for Young Adults with ASN

For young adults with additional support needs, deciding where and how to live is a major life step. As a parent and your loved one's carer, it is natural to feel both hopeful and overwhelmed. This guide breaks down the different types of housing available in Scotland, from supported living to council housing, and provides key considerations to help you and your loved one take those big steps towards independence and own home.



**DID YOU
KNOW?**

The Action Group's Housing and Community Support Service helps people live independently, whether in their own tenancies, in shared accommodation, or living at home.

This can be anything from a few hours support a week to 24/7 care and support. We work with people who live anywhere in Edinburgh, the Lothians and Falkirk areas.

Living at Home with Support

The young person stays in the family home but receives care and support from:

- Family
- Social care staff
- Personal assistants (via Self-Directed Support)



Pros

- Familiar environment
- Close to family
- Flexibility in timing and planning



Things to Consider

- Limited independence
- Can put ongoing pressure on family carers



For young adults who are not ready to move out and/or who need a long transition period.

Supported Housing - Living with Support

What is it?

The young adult lives in their own tenancy (alone or with others) and receives support based on individual needs. This might be:

- Living with other people with support needs
- Independent living with visiting support
- Living with a live-in support worker
- 'Core and Cluster' accommodation model run by care providers



Support types

- 24-hour staffed support
- Help with meals, medication, daily living
- Budgeting and/or community engagement

Supported Housing - Living with Support



Pros

- Encourages independence
- Can be tailored to individual needs and goals
- Often long-term housing
- Increased social opportunities



Things to Consider

- May have a waitlist
- Requires careful matching to the right location and support provider



For young adults who want to live more independently but still need regular support.

Residential Care in Shared Housing

What is it?

A home staffed 24/7 care and support. Offering accommodation, meals, and full-time personal care. Some are for short breaks (respite), others for long-term living.



Pros

- Full care and supervision
- Safe, structured environment
- Social life and community with peers



Things to Consider



- Less personal independence
- Limited control over daily routines
- May have fewer opportunities for community engagement



For those with complex health or behavioural needs needing full-time care.

Social Housing (Council or Housing Association)

What is it?

Affordable housing managed by local councils or housing associations. Some properties are adapted or near support services.



Pros



Long-term stability

Lower rent than private market

Can be adapted to physical needs

Tenancy agreement not tied to a specific support service

Things to Consider

Finding a property may take time

Not always matched to preferred location

Usually requires support to be arranged separately



BEST CHOICE

For young adults who are ready for more independence and can access community-based support.

Private Rented Housing

What is it?

Renting a flat or house from a private landlord. Care packages would not be tied to tenancy and would need to be arranged separately.



Pros

-  Faster access than council housing
-  Wider range of options compared to social housing
-  Tenancy agreement not tied to a specific support service



Things to Consider

-  Higher costs
-  Tenancy rules can be strict
-  Less secure (shorter tenancy terms, rent increases)
-  Aids and adaptations need to be approved by landlord



BEST CHOICE

For young adults with some income or benefit support, who want more independence and can manage tenancy responsibilities (with or without support).

Shared Lives / Family Placement

What is it?

Living with a paid carer or host family in their home as part of a Shared Lives scheme.



Pros

- Nurturing home environment
- Strong relationships and continuity
- Community inclusion



Things to Consider

Less privacy than a flat 

Limited availability 

May not suit everyone's preferences 



Young adults who thrive in close-knit, family-style support settings

Home Ownership & Shared Ownership

Two ways to have a home of your own

Full Ownership

Buying a home out-right using savings or a mortgage.



Pros

- Full ownership of your home
- Wider range of options around types of property and location
- More freedom to make home accessible and fit for support needs



Things to Consider

- Requires a big deposit and regular income
- Responsible for all repairs and bills
- May need help finding a suitable property



Young adults who can get a mortgage or have family financial help.

Home Ownership & Shared Ownership

Two ways to have a home of your own

Shared Ownership

You buy part of the home and pay rent on the rest. The other part is owned by a housing association.



Pros

- Needs a smaller deposit than full ownership
- Still have a say in your home
- More affordable route to home ownership



Things to Consider

- Rent needs to be paid for the part that is not owned
- Responsible for any other costs e.g., repairs, maintenance
- Might have a waiting list



People who want independence but can't afford full ownership.



To Do List

Starting your housing journey

Use this checklist to start planning the right housing path for your young person:



Talk with your young adult

- What do they want? (Independence, social opportunities, routine?)
- What are their fears or worries?



Contact your local social work team

- Request for a social care assessment
- Ask about eligibility for Self-Directed Support (SDS)



Explore support and transition services

- Involve your child's school or transition worker
- Consider a transition planning meeting (starting by age 14–16)



Look into different housing options

- Get in touch with local organisations that provide supported housing
- If want to explore social housing, get in touch with Council
- Look into Shared Lives, care homes, or housing associations



Check benefits and funding

- Seek benefit advice to ensure all correct benefits are in payment
- Check for grants or funding for home adaptations
- Explore direct payments or SDS options





To Do List

Starting your housing journey



Practice independent living skills

- Cooking, budgeting, travel training
- Short overnight stays away from home



Connect with others

- Join local parent/carer groups, e.g., [TAG](#), [VOCAL](#), [EDG](#)
- Watch real-life stories on [Keys to the Door](#)
- Contact advocacy organisations like [Partners in Advocacy](#)



For more help and links to everything in this guide

Contact



Useful information and resources for families with disabled children.

For more information

[CLICK HERE](#)

MENCAP



Easy read-guides on housing and independent living people with additional support needs.

For more information

[CLICK HERE](#)

Care Information Scotland



Information on social care and support, both in care homes and in community.

For more information

[CLICK HERE](#)

Shelter Scotland



Housing advice and information on housing laws in Scotland. .

For more information

[CLICK HERE](#)

Housing Support and Services

City of Edinburgh Council's Housing Team



The City of Edinburgh Council's Housing Team can help with registering to Edindex for social housing or arrange a social worker to assess your loved ones needs.

For more information

[CLICK HERE](#)

Edinburgh Health and Social Care Partnership



Edinburgh Health and Social Care Partnership are there to support people with disabilities to live as well and as independently as possible. They support people with physical disabilities, learning disabilities, acquired brain injury and autism.

For more information

[CLICK HERE](#)

Community Help and Advice Initiative (CHAI)



CHAI provides specialist housing and money advice across Edinburgh and Midlothian to both tenants and homeowners.

For more information

[CLICK HERE](#)

Housing Options Scotland



Housing Options Scotland help disabled people, older adults and members of the Armed Forces community to find a home that suits their needs.

For more information

[CLICK HERE](#)

Citizens Advice Edinburgh



Citizens Advice Edinburgh offer free, impartial and confidential advice. Check your rights and options when dealing with a housing issue in Edinburgh and Scotland.

For more information

[CLICK HERE](#)

Edinburgh Development Group



Edinburgh Development Group (EDG) provide information and resources for parent/carers whose disabled children (young people and adult) are taking steps towards moving out of the family home. Closed carer groups for parent/carers over the age of 50.

For more information

[CLICK HERE](#)

Carer Events and Resources



VOCAL runs an extensive programme of weekly courses, trainings and one-day workshops with expert speakers and professionals. These sessions are focused upon providing resources and training for unpaid carers across Edinburgh and Midlothian

For more information [CLICK HERE](#) >>



The Eric Liddell Community

The Eric Liddell Community Carers Programme offer weekly activities for unpaid carers. A wide range of free health and wellbeing classes along with free courses and activities aimed to improve carer wellbeing.

For more information [CLICK HERE](#) >>



Salvesen Mindroom Centre

Salvesen Mindroom Centre's Edinburgh Parent and Carer Peer Support Group offers a safe and understanding space for parents and carers of neurodivergent children to share experiences and support each other. They host monthly online meetings on Microsoft Teams focused on specific topics.

For more information [CLICK HERE](#) >>



Carer Events and Resources



MECOPP

MECOPP offers a range of activities for Black and Minority Ethnic carers. Activities include mental health and well-being support, nutritional, physical and recreational activities either in groups or individually.

For more information

CLICK HERE



Milan Senior Welfare Organisation (SWO)

Milan SWO is a registered charitable organisation providing services in Edinburgh and Lothian for older people and unpaid carers from South Asian communities. They offer a wide range of activities for unpaid carers.

For more information

CLICK HERE



Supporting Families of Autistic Adults.

PASDA

PASDA offers support to parents, partners, siblings and carers of autistic adults (over 16) who live in Edinburgh and the Lothians. Their programme includes carer information meetings, coffee mornings and walking groups.

For more information

CLICK HERE



Carer Events and Resources

LifeCare

LifeCare Edinburgh offers a variety of free wellbeing activities for unpaid carers. Activities include Zumba, massage therapy, watercolour workshops, yoga, Pilates, and more. These sessions aim to support carers in maintaining their physical and mental health while providing a space for relaxation and connection.

For more information

[CLICK HERE](#)



Care for Carers

Care for Carers

Care for Carers offer support and breaks for carers, regardless of the age or disability of the person they care for. Carer programme includes art, walks, and relaxation sessions.

For more information

[CLICK HERE](#)



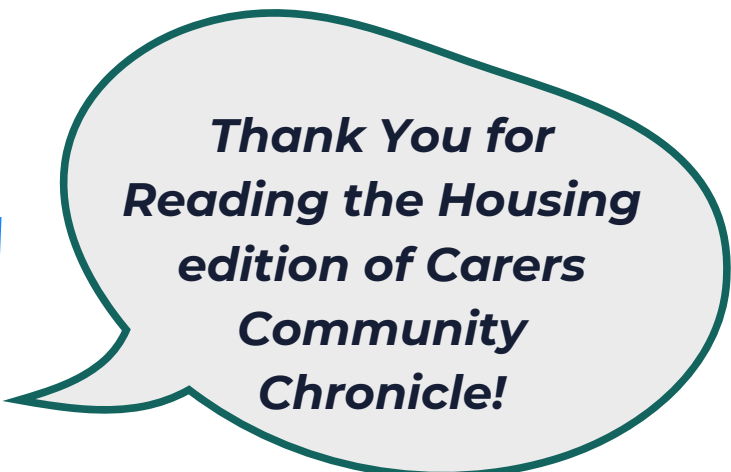
Edinburgh Development Group (EDG)

EDG offers support to older carers (50+) who care for family members with learning disabilities. Services include carer support groups, home visits, practical advice, and future planning assistance. They help families create "My Life Books" and person-centred plans, promoting positive outcomes for both carers and individuals.

For more information

[CLICK HERE](#)



A graphic where the words 'THANK YOU' are formed by colorful squares. 'THANK' is on the top row and 'YOU' is on the bottom row. The colors of the squares are: T (red), H (orange), A (green), N (yellow), K (blue), Y (light blue), O (purple), and U (pink).A light grey speech bubble with a dark green outline.

*Thank You for
Reading the Housing
edition of Carers
Community
Chronicle!*

We want to hear from you!



We're thrilled to share this journey with you as part of our carer community. **We'd love to hear your thoughts, suggestions, and ideas for future newsletters.**



Is there something specific you'd like to see included? Perhaps a topic you're curious about, a story you'd like shared, or resources you'd like us to explore?



Your input is invaluable in shaping this newsletter into something that truly supports and inspires you.



Additionally, we'd greatly appreciate it if you could take a few moments to complete our **Carer Survey**.  This will help us better understand the needs of the carers we reach and ensure we're providing the most meaningful content and resources.



Thank you for being a vital part of Carers Community Chronicle! Together, we can create a newsletter that uplifts and supports everyone in our caring community.