



CARERS RESOURCE PACK



Housing for Adults with Additional Support Needs



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.



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Housing Options for Young Adults with ASN

For young adults with additional support needs (ASN), 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, 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 council 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



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

contact for families with disabled children

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](#)

CHAI



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

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](#)

Housing Support and Services

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



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](#)

Citizens Advice Bureau (CAB)



Contact your local CAB for free, impartial and confidential advice. Check your rights and options when dealing with a housing-related issue.

West Lothian [CLICK HERE](#)

Midlothian and East Lothian [CLICK HERE](#)

Falkirk [CLICK HERE](#)



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.

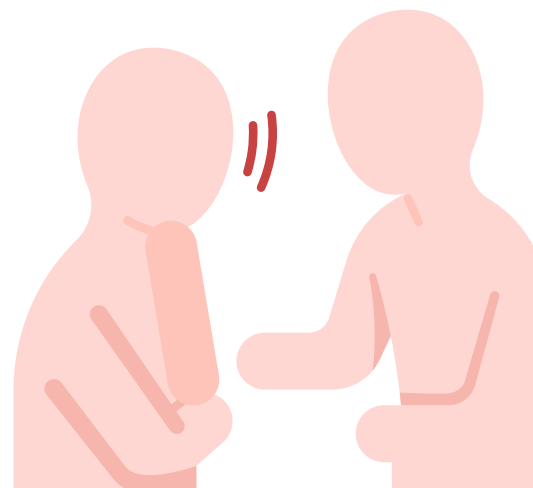
Our service provides carer-specific information, welfare rights advice, and holistic wellbeing support for parent/carers of children with additional support needs (ASN).

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



Carer Advice is there for you 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) provides advice for Black and Ethnic Minority parent/carers of children with additional support needs living in Edinburgh.



CONTACT US

Whether you're new to caring and 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](#)

Carer Advice and Support for Carers – the Lothians and Falkirk

Carers of West Lothian (CoWL)

Carers of West Lothian offers a range of services developed to meet the needs of unpaid carers and disabled people in West Lothian.



They provide a variety of services and support, including: Information and advice, training, emotional support, hospital-based carer assistance, peer support groups, counselling, signposting to services, young carer programs, recreational courses, short break funding.

For more information



Carers of East Lothian (CoEL)

Carers of East Lothian (CoEL) have a team of Carer Support Workers who work closely with carers in their local area to support them across a wide range of issues. Their services can provide anything from practical advice to supporting carers who are struggling to cope with the physical and emotional demands of caring for someone on a full time basis.

CoEL works with carers who live in East Lothian or carers who live outside the area but the person they care for lives in East Lothian.

For more information





Midlothian Carer Centre (VOCAL)

VOCAL Midlothian team provides advice and social support for unpaid carers.

The carer support team provides assistance with accessing additional support and services carers may require. VOCAL also aims to provide carers with social, learning and leisure opportunities to support their caring role or their own wellbeing and interests, and access to breaks from caring through Wee Breaks.

For more information



Falkirk & Clackmannanshire Carers Centre

Falkirk and Clackmannanshire Carers Centre is there to help carers of all ages by providing the information and support they need.

They can support carers with ensuring they are receiving all the correct benefits to help access grants to support personal well-being. They can also signpost carers to other organisations where required.

For more information

