



Curtin University

School of Occupational Therapy,
Social Work and Speech Pathology

INDIVIDUAL SUPPORTED LIVING PROJECT:

REPORT FOR PARTICIPANTS

June 2018

Written by:

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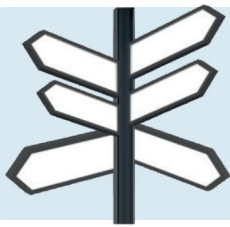
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What was the Individual Supported Living (ISL) Project about?



Individual Supported Living (ISL) means that people with intellectual and developmental disabilities get the support they need to live in their own home.



ISL can be done in different ways, for example:



- Living alone in a flat or house.



- Living with a partner or friend.



- Living with someone without a disability who provides some support.



- Living with a host family.

ISL

These different ways of living are called **ISL arrangements**.



It does not include people living with their parents or in group settings such as group homes or residential care facilities.



We believe that **all people** with disability can live in an **ISL arrangement** if they have the right support.

What we wanted to know



What is good about living in your own home with support?



What makes it work?

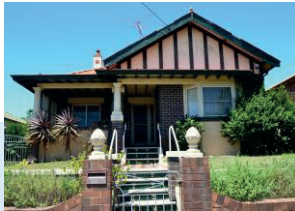
How we found out information



We talked to 130 people with intellectual and developmental disabilities.



The people we talked to were from all around Australia.



They lived in different types of homes.



We also talked to other people who support the person. For example, family members or support workers.

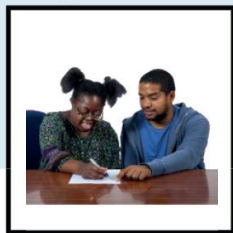
What we found

What types of **ISL arrangements** people lived in

Living alone



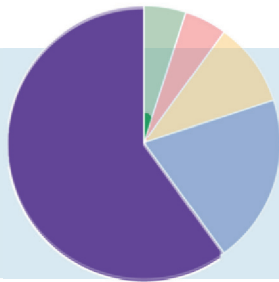
- This is when you live alone in your own home.



- Some people use lots of support to live alone.



- Some people use a little support to live alone.



1 out of 2 of the people we talked to lived alone.

Co-residency



- This is when you live in your own home with someone else who provides support.



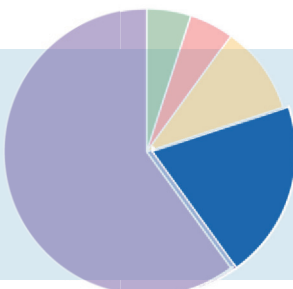
- The person who provides support pays less rent or no rent.



- Sometimes you and the co-resident become friends.



- Sometimes you meet new friends through the co-resident.



Around 1 in 5 participants lived with someone who provided them support instead of paying rent.

Relationships



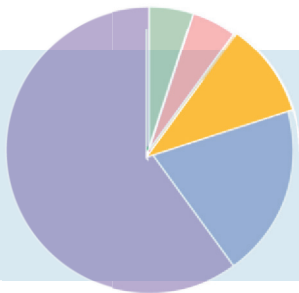
- This is when you live with someone you are already friends with.



- It can also be sharing a house with a boyfriend or girlfriend.



- You still get the right support.



Around 1 in 5 participants lived with a friend or partner.

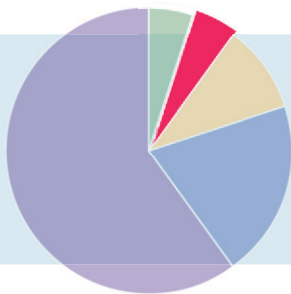
Host families



- This is when you live with a family that isn't your family.



- Sometimes this lasted for a long time.



Not many participants lived with a host family.

How long people lived in **ISL arrangements**



About 1 out of 2 people we interviewed had lived in their home for five years or less.



1 in 4 participants had lived in their home for over 10 years.

Support



There was a big difference in how much support participants got.



The average amount of paid support was 37 hours a week.



The average amount of unpaid support was 12 hours a week.



People who got more unpaid support tended to get more paid support.



Support was paid for in many ways, including family members and government services.

Activities



People with disabilities did a lot of different activities.

The most popular were:



- Shopping



- Going to a restaurant or café



- Using public transport



Not many participants had people staying overnight in their home or went to sporting events.



Not many participants went to a concert or a play or to a church in the last month.

Work



2 in 5 participants did paid work. This included open employment, social enterprises, working for yourself and Australian Disability Enterprises.



A few participants did volunteer work.



2 in 5 participants were looking for a job or were unable to work for different reasons.

How well **ISL arrangements** support participants



Each **ISL arrangement** was given a score out of 105 to show how well they support people with disabilities.



This score was based on 21 things that make for a good home.



The average score across all the different people in the study was 73.

Highest scores



The theme **'one person at a time'** got the highest score.



This wasn't surprising because to be part of the study participants needed to live in an **ISL arrangement**.



Participants didn't live together in **ISL arrangements** unless they chose to.



The theme **'my home'** also got a high score.



Participants who lived alone or with a partner usually got high scores in this theme.

Lowest scores



The theme that got the lowest score was **'social inclusion.'**



Many participants didn't spend time with people other than paid staff or other people with disabilities.

Participants were more likely to have a low score in social inclusion if they:



- Didn't receive much unpaid support.



- Attended Alternatives to Employment or a day centre.



- Didn't work at all.



'Planning' was a theme with room for improvement.



One part of this theme was 'making plans for the future' which got the lowest score of anything that was measured by the **ISL** Manual.



Planning was usually only for a year or for what to do during the day.

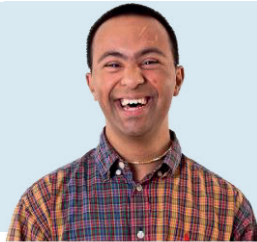


Reviews to see how **ISL arrangements** were going didn't happen much.

Outcome Measures



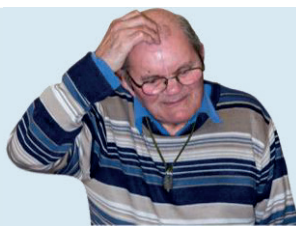
Participants were also asked some questions to find out how their life was going overall (**Quality of Life**).



Participants who got a higher **ISL** rating also tended to have a happier life.



People who didn't need much support were happier with their lives.



The score got lower as people got older.



Participants who went to more places in the community (**Community involvement**) tended to have a higher **ISL** score.



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This is the first accessible resource from this project.



We welcome feedback from people.



If you have any comments or suggestions, please email Stian H Thoresen at s.thoresen@curtin.edu.au