



SUPPORTED LIVING

# More choice. More confidence. More life.

Personalised support that helps people live safely, build independence and feel at home in a place that reflects who they are.

**A home of your own. A team beside you. A life shaped around your choices.**

A guide to our supported living services across England and Wales.

# Support that starts with the person

Supported living is about helping people live as independently as possible while having the right support close by. Our teams work alongside each person to understand their routines, ambitions, communication style and what makes a place feel like home.

We focus on ability, not limitation. That means providing practical support when it is needed, while creating space for choice, confidence and new experiences.



## Your home, your voice

The person remains at the centre of decisions about their home, support and future.

## Goals that matter

Plans are built around meaningful outcomes, from everyday skills to bigger personal ambitions.

# Practical help for everyday living

Every support plan is personal. We can help with the practical parts of daily life while encouraging each person to do as much as they can for themselves.

## Living with confidence

Practical support with routines, personal care, meals, medication and household tasks, always shaped around the person.

## Building independence

Encouragement to make choices, learn new skills and take greater control of everyday life at a pace that feels right.

## Community and connection

Support to enjoy hobbies, friendships, education, volunteering, work and the places that make life meaningful.

## Health and wellbeing

A coordinated approach that respects health needs, emotional wellbeing, communication preferences and personal goals.



## INDEPENDENCE AND SKILLS

# Confidence grows through doing



Our role is not to take over. It is to provide the right encouragement, prompts and practical help so people can build confidence in their own way.

- A personalised support plan built around goals and preferences
- Prompts and practical help with daily routines
- Support to develop confidence and life skills
- Respect for privacy, choice and the right to take positive risks

## A place to feel safe, settled and heard



Feeling at home means having comfort, privacy and a sense of belonging. Our teams create calm, respectful environments and work consistently with the people we support, their families and wider professionals.

- A calm, comfortable place to feel at home
- Support with meals, shopping, cleaning and appointments
- Help managing money, medication and household routines
- Consistent communication with families and professionals

# Life should reach beyond the front door

Supported living can open the door to more connection, purpose and participation. We encourage people to spend time doing the things they enjoy and to discover new opportunities in their local community.

**The best support makes more of life possible — friendships, interests, learning, work and belonging.**

- Access to local activities, groups and services
- Support with travel, friendships and social opportunities
- Encouragement to pursue education, work or volunteering
- Space to celebrate interests, culture and identity



# Support built around your future

Good supported living is consistent, respectful and ambitious for the person. We take time to build trust, celebrate progress and adjust support as goals and circumstances change.

- Listen first and understand what matters to each person
- Work collaboratively with families and support networks
- Review goals regularly as confidence and needs change
- Promote dignity, safety, choice and meaningful independence

## Let's talk about what is possible

Our team can listen to your needs, explain how supported living works and explore a plan that feels right.

CE Healthcare provides compassionate support across England and Wales.

**Visit [cehealthcare.co.uk](https://cehealthcare.co.uk) to learn more.**

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