



What can help you if you
want to move
**Resources that can
help you**

Resources that can help you



Remember there are lots of tools that can help you.



Preparing for Adulthood have information for young people and their families to help them plan for the future:

www.preparingforadulthood.org.uk/



NHS England Hospital Discharge

A toolkit to help people planning to leave a mental health hospital back to their community.

<https://bit.ly/NHSHospitalDischarge>



Together Matters

Resources to help people and their families understand choices and work towards their own home.

<https://www.togethertomatters.org.uk/>

Resources that can help you



Life Begins at Home is a guide that can help families and professionals understand the housing choices open to young people as well as adults and their families.



You can contact Learning Disability England for a copy of this guide (info@LDEngland.org.uk)



Planning Your House is a guide from the Challenging Behaviour Foundation.



People with learning disabilities and **challenging behaviour** have the same rights as everyone else to appropriate local housing and support.

Resources that can help you



This resource has been developed to help families to work with others to plan the right housing for their relative.



You can find the guide at:

www.challengingbehaviour.org.uk/information-and-guidance/housing-education-leisure/planning-your-house/

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