

Moving out of the family home



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The Project

Choosing the way forward

- Funded by the Australian Research Council Linkage Project
- 2021 – 2024
- 3 stages
- **Aim: To support adults with intellectual disabilities moving out of the family home.**



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Background



- Many adults with intellectual disabilities live in the family home.
- Adults with intellectual disabilities have a right to choose where and how they live.
- The National Disability Insurance Scheme (NDIS) has given adults with intellectual disabilities more opportunities to move out of the family home.

Aim

- To find out what is important to adults with intellectual disabilities and their families when they are thinking about moving out of the family home.



Methods

- Interpretative Phenomenological Analysis (IPA) was used (Smith, Flowers, & Larkin, 2021).
- We did interviews between December 2021 – June 2022.
- ‘Themes’ were made from the data.
- We used the housing pathways framework to help us understand the themes better (Clapham, 2002).
- We also thought about things like being happy, and feeling good about yourself (Clapham, 2010).

Who could take part in the interviews?

1. Adults (aged 18+) with intellectual disabilities who are thinking about or planning a move out of the family home

and/or

2. Family members who have taken part in this process.

- Recruited by disability and aged care providers, professional networks and associations, and snowballing.
- In Adelaide, Brisbane, and Perth.

Who participated?

- 8 interviews were done with 10 people.
- 3 adults with intellectual disabilities
- 6 mothers
- 1 sister
- People were asked about their plans for moving out of the family home.
- They were also asked about things that are important to have in their new home.

Their future housing plans

- Planning to buy a home.
- Wanting to stay in the family home but be more independent.
- Wanting specialist disability accommodation (SDA):
 - separate unit connected to a larger home
 - home shared with two other people
 - home shared with one other person



4 interview themes

1. Safe, comfortable, and happy
2. Location and staying close to family
3. Having good paid support
4. Getting help



1. Safe, comfortable, and happy

Safe

- Family members and adults with intellectual disabilities said feeling safe in their new home was important.
- Feeling safe could mean different things, like:
 - not being discriminated against
 - having enough support from support staff
 - being helped by neighbours

1. Safe, comfortable, and happy

Safe

I think I'd like nice neighbours as well and people ... so that if something happens to me or my partner or you know something to the house as well, there's someone there who would, yeah (Interview 7 – Beth, intellectual disability).

1. Safe, comfortable, and happy

Comfortable

- Feeling comfortable in the new home was also important.
- Comfortable could also mean different things, like:
 - knowing the area and the people
 - being used to living in a certain way
 - For example, being used to living in a house instead of an apartment

1. Safe, comfortable, and happy

Comfortable

Yeah, definitely, just being able to live somewhere that I know, am comfortable with, and know people around the place. I know the neighbours quite well (Interview 2 – Kevin, intellectual disability).

1. Safe, comfortable, and happy

Happy

- Adults with intellectual disabilities and their family members said it was important to be happy about the move.
- They also said it was important to have a happy life after the move.

Just being happy and like that's in a relationship and moving in with someone or just on my own, just being happy about it (Interview 7 – Beth, intellectual disability).

2. Location and staying close to family

- Family relationships are important to family members and adults with intellectual disabilities.
- Mothers said they still want to support their family member with intellectual disability when they move out of home.
- Adults with intellectual disabilities and family members want to live close to each other.

2. Location and staying close to family

So, part of the reason I want her to go there is so I could duck down there every day, or every second day, and bring her washing, take it home and wash it, and then give her fresh stuff, and also take some food down for her (Interview 6 – Tina, mother).

3. Having good paid support

- Adults with intellectual disabilities and family members said that it was important to be able to trust the paid support they get when they move out.
- They also want the paid support to be good.

If we find the right person – he or she – probably he, he can take care of me and babysit me. Babysit me, means look after me.

Only if he's a nice person ... To keep an eye on me and supervise me (Interview 1 – Ben, intellectual disability).

4. Getting help

Getting help

- Family members and adults with intellectual disabilities used different types of help to plan their move out of the family home. For example:
 - talking with other people who had already moved
 - using information by the NDIS
 - talking with their support coordinators.
- Some people needed a lot of help and others did not need as much.

4. Getting help

Getting help

Not having a clear understanding of how it all works. Like, there is no “Here is a guidebook to what you should do if you’re moving your person into independent living”, or how the system works. I have spent forever on Google trawling through the NDIA [National Disability Insurance Agency] pages trying to get a picture of what is available, what the rules are, what are the processes that I can access ... (Interview 5 – Shelley, mother).

Housing pathways and well-being

- David Clapham (2010) says that where you live can help to make you feel happy and good about yourself.
- Your happiness and how you feel about yourself need to be part of housing policy.
- There are four things that can affect how happy someone feels about where they live.
- They are: **personal control; identity and self-esteem; social support; and inequality and housing policy.**

1. Personal control

- A housing pathway is about your housing journey.
- Housing goals are the things that you want to achieve during your housing journey.
- The more personal control you have, the more you can achieve these things.
- Personal control includes having money, information, and knowledge.

1. Personal control

- Some things that adults with intellectual disabilities and family members talked about which were important to their personal control were:

-feeling safe

-getting good paid support

-understanding the NDIS and how to achieve their housing goals

2. Positive identity

- Feeling good about yourself can help you to cope with life.
- The way someone is treated on their housing pathway can affect how they feel about themselves.
- For example, the way someone is treated by neighbours and government departments.

2. Positive identity

- Being discriminated against in your home can affect how you see yourself and how you feel about yourself.
- Feeling safe in your home and having good paid support can help you to feel better about yourself and where you live.

3. Social support

- Social support helps you to cope and have better quality of life.
- Most social support still comes from family and friends.
- Adults with intellectual disabilities and family members said they wanted to live close to each other so they could still have good relationships.
- Family members wanted to live close to their family member with intellectual disability so they could still help out.

4. Inequality and housing policy

- Inequality can mean that not everyone has the same chances to do things.
- It also means they might not have the same choices.
- This means they might not be able to live the life they want.

4. Inequality and housing policy

- Adults with intellectual disabilities and family members said these things are important for when they move out of home:

-safety

-comfort

-happiness

-good support

-strong family relationships

Implications of these findings

- Moving out is not just about finding the right type of dwelling.
- It is also about having the chance to achieve personal goals.
- It is about important relationships, including good paid support.
- It is linked to how people feel about themselves and how people see themselves.

What can be done?

- Improve access to things that support personal control, like information and knowledge, person-centred planning, and supported decision-making.
- Build the capacity of paid support, like support coordinators, to help adults with intellectual disabilities and families achieve their goals.
- Think about if the available housing options reflect the values of the people using and needing them.

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