

1. What we wanted to know



What is it like for people with intellectual disabilities in Ireland to move home?

Who we talked to



35 people in total

19 men and 16 women



Ages 22-77

2. Before Moving



People used to live in group homes, institutions or with family



They liked doing everyday activities and having housemates



People did not like lack of privacy; feeling lonely; cost of rent and transport; not feeling free or safe



3. Moving



18 people chose to move out and chose where to live but 9 had no choice



Some people had to move to be safe



Some people waited a long time to move, up to 20 years

7. Key Points



Don't leave your dreams to others



People should move into homes they choose as soon as possible



People need to get on well with their supporters

People want to make decisions about where to live and how to spend their time.



6. Our Homes Book

One person summed up what most people we talked to felt about moving home:

"It is great. I can do anything I want and go places and meet people."

To read our full report please follow this link:

http://www.fedvol.ie/_fileupload/Inclusive%20Research%20Network/IRN%20Our%20Homes%20Report-%20Final%202015.pdf

5. Support



19 people said they chose their supporters; and 15 people did not



Supporters helped with everyday things like paying bills, reading and computer use



People wanted supporters who were friendly, funny, good listener, helps them go places, shows respect and sometimes helps with decisions



4. After Moving



26 people lived in a supported flat or house; 4 lived with family, 4 in group homes; 1 person in a home with 10 or more people



29 people liked their new home better



They liked more control in their home; getting to know new people; better design; safer area; closer to friends, shops and places to eat

