

# Independent Living: Clare's Story

I am a 50 year old woman who has a physical disability and I use a wheelchair. I moved away from my parents' home 16 years ago to live in a home run by the charity Scope. I lived there with two other people.



After a number of years I moved back to my home town in South Northamptonshire. This is where I grew up and it was also close to my family. The property I moved into was quite poky and I became unhappy there. My mental health suffered and I had to take anti-depressants.

My physical health also got worse and I became less mobile. With the help of the Occupational Therapists I moved to a new home in April this year. It is a purpose built bungalow and has a hoist as I can no longer stand to transfer. It is called a home for life.

The house is much bigger than my last one and has a big garden. The bungalow would be big enough for sharing. I want to be part of the housing group so I can help other people with disabilities get a home like mine.

I feel safe where I live. The area is quiet and there isn't any trouble. I am close enough to town but the pavements are narrow which can cause me difficulties with my electric wheelchair

I do feel that my outings have to be limited because I need to be hoisted so I would need a 'changing place' for any personal care.

I have a live in carer who stays with me for two or three weeks at a time. They then take time off and then come back.

This type of care has its pros and cons. It can cut down on your privacy but it means the care I get can be more flexible so I can get up and go to bed when I want rather than having to wait for care to come in and help. I also need someone for toileting so I need someone with me. I feel secure with live-in carers in case of emergencies.

I really want to stay where I am unless my physical needs mean I cannot. I feel much happier where I am now. I have been able to come off my anti-depressants. The thing that would make it even better would be to have my own car so I could get out more