

# STEPPING STONES for young people

Adult Supported Accommodation Scheme



**Stepping Stones is a safe stepping stone between being 'in care' and living independently.**

## STEPPING STONES

part of  
**fostering**  
with somerset county council

If you would like further information  
please contact us on:

**0800 587 9900**

To request this document in an  
alternative format, please contact us.



[www.fosteradoptsomerset.org.uk](http://www.fosteradoptsomerset.org.uk)

**fostering**  
with somerset county council

## What is stepping stones?

Stepping Stones is a short term supported housing scheme when you leave foster care or a residential home. Accommodation is found with a family or single person who has a spare room and is willing to provide support, opportunities and practical assistance to improve your independent living skills.

People who offer this type of accommodation are called Stepping Stones Providers. The length of time you usually stay with a provider is 18 months to two years. Once you reach the age of 18, your local District Council are responsible for your accommodation.

In a Stepping Stones placement you would have your own room. In some accommodation you may also have your own en-suite bathroom but in most cases you will have to share the family bath/shower room. Living with a Stepping Stones Provider gives you the opportunity to live in a home environment where you feel you can get support at times when you feel you need it. This support could be around budgeting, learning to cook, finding a course at college or just having someone listen to you. Everyone will be different because each placement is very individual.

## Before you move in

Arrangements will be made for you to meet the provider, have a look at the accommodation on offer, meet the family and if you want to, ask questions.

Sometimes, after this visit, you are given the chance to go again on your own, perhaps stay overnight or for a meal to really get the feel of what it would be like to live there.

## Once a placement has been agreed

You and your Stepping Stones Provider will be expected to sign an agreement, which outlines the rules that apply to your accommodation. These rules will cover such things as having a friend/friends round to visit, what time you should be home each evening, the use of the house telephone, whether or not smoking is allowed etc. Your Leaving Care Worker will explain these rules to you.

### You will be expected to:

- Respect the accommodation. This will include respect for everyone living in the household.
- Keep your room clean and tidy.
- Learn how to do your own laundry, shop and cook your own meals. The Provider will help you if you need their support.
- Engage in some sort of education, training or employment whilst you are living in the accommodation.
- Stay overnight at the accommodation for a minimum of four nights per week.

## Life skills book

You will be given a Life Skills book that you are expected to work through at your own pace and with the support of the Stepping Stones Provider. This book will show you (and the Provider) what level your independent skills are at and, if necessary, where you need extra support. This book is aimed at providing you with evidence of the level of your independent skills for when you move on to your own accommodation.

## Payment

The Local Authority pays your rent whilst you are under the age of 18 years and living at the accommodation. Stepping Stones Providers also get a support allowance based on your individual needs.

You will have to pay a contribution of £20.50 towards your food and £7.00 towards the utilities (electric, water, gas etc) at the providers home. This money is deducted from your Personal Allowance and paid direct to the Stepping Stones Provider.

Sometimes you may choose not to eat with the family and if this happens then your Stepping Stones Provider will give you the daily food allowance in order that you can buy your own meal that day.

## What you can take with you

You can take your personal belongings with you and your room will be provided with basic furniture. If you think you will not have room for all your personal belongings please speak with your Leaving Care Worker who can arrange to have spare items stored securely for you.

You will also receive a weekly personal allowance and your Leaving Care Worker will tell you about this.

Care Leavers are not allowed to own a pet whilst in our care.

