



Moving from home for the first time

How do you make the decision to move?



Lots of people move out of their family home when they grow up.

Not everyone does though.

There is no time you “should” move out by.



You can move at a time that is right for you and your family.

Your family / carers / friends might help you to make decisions about moving.



An **advocate** might be able to help you decide.

To help you decide whether to move, you could try thinking about the good things about moving, and the things that might be harder.



Your **social worker** will help you find the right place.

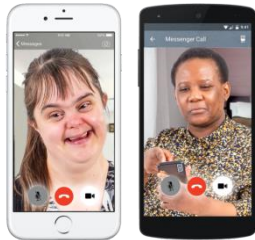
Here are some ideas about things that could be good about moving. You could talk to someone you know well to think about these things more:

- You might have more independence
- You might live with other people your age, and might make new friends





Here are some ideas about things to keep in mind about moving. You could talk to someone you know well to think about these things more:



- You might miss your family at first. How will you make sure you keep in touch? Will you be able to visit each other easily?
- You might have to do more things for yourself, like cooking or laundry. What skills do you already have? How can you learn new skills?
- Do you want to move somewhere near to all the activities you already do - eg will you still be able to get to your day centre?



Who might be involved?

As well as yourself, a lot of different people might be involved in helping you move. Some of these people may be:



- Your family / carers
- Social worker
- Your local learning disability service if you are receiving services from them
- Community nursing
- An advocate

These are just some examples and it will be different for everybody.



How long might it take?



There is no set time for how long it can take. This will be different for everyone who is moving.

It is important that the right place is found for you so that you are happy. This can take time to find.



It can be frustrating having to wait so it is important you look after yourself during this time. The Making Positive Moves website has some helpful ideas to look after yourself whilst waiting.