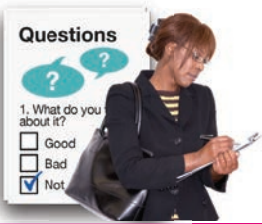




Report about Gloucestershire: Housing



What it is like for disabled people and people with mental health challenges



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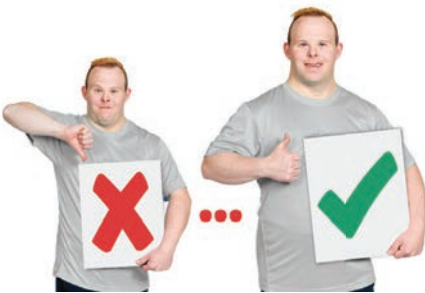
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What we did



We are Barnwood Trust. We work alongside disabled people and people with mental health conditions in Gloucestershire.



We want to change things to make life better for people living here.



We think it's really important that we involve and listen to as many people as we can.



In 2021, we sent out a questionnaire to people living in Gloucestershire.

The questionnaire asked people what chances they get in life.

We asked disabled people and people with mental health challenges questions about:



- any training they have done



- working and getting a job



- volunteering. This means helping organisations for free



- housing



- activities people take part in. Things like social groups, sports or hobbies



260 people answered our questions.

Other people in this country have done **research** about housing too.

Research means looking at something to find out more about it.



This report tells you the main things people told us about **housing**.

Housing means your home.



The report tells you:

- what we found out
- what other people doing research found out
- what organisations can do to help



The main things we found out



2 in 3 disabled people said they had 1 or more things wrong with their housing.



1 in 3 disabled people need changes making in their home to support their disability.



1 in 2 disabled people said their housing made their **mental health** and **wellbeing** worse.



Mental health is how you feel in your mind and how you cope with everyday life.



Wellbeing means feeling happy and healthy in your body and mind.

People's housing



What we found out

2 in 3 people live in a house that meets their needs.



2 in 3 people had 1 or more things wrong with their house. Things like:

- **antisocial behaviour.** This is when neighbours or other people make you feel worried or scared at home or near your home



- not having enough room to keep the things they need. For example, in a cupboard



- feeling cold or having **damp**.
Damp is when you get wet patches on your walls and on the inside of your home



1 in 3 people need changes making to their home so that they can live **independently**.

Independently means doing things for yourself or with some support.



Half of the people had 1 or more things stopping them from using the internet in their home.



Things like:

- the cost



- not having a computer



- the internet not working properly



What other research found out

5 in 10 houses that need changes do not have them. Things like handrails and ramps.



Less than 1 in 10 houses have important things for wheelchair users.

Things like wide doorways and space to turn around.

Housing, wellbeing and making choices

What we found out



Half of disabled people said their housing made their mental health and wellbeing worse.



Nearly 4 in 10 said their housing made their physical health and wellbeing worse.



1 in 3 people said they could not choose where they lived.

What other research found out



1 in 5 adults said their housing made their mental health worse in the last 5 years.

Being happy where you live

What we found out

1 in 4 disabled people said they did not feel part of their local community.



Only 1 in 2 people said they had someone to call on if they felt lonely.

What other research found out

Other people who did research about housing found out that:

- disabled people are 4 times more likely to say they are lonely most of the time

and

- people who said they could not do what they wanted were twice as likely to say they were lonely



Things that stop disabled people from having better homes



A **barrier** is when something stops you or makes it harder for you to do something.



Barriers stop people from having the same chance in life as other people.



We found out about barriers in our research.

These barriers stopped people making their housing better.



People told us 1 of the main barriers was cost.

Most people said it costs too much to make their homes better.



The other barrier people told us about was not knowing how to get help.

1 in 5 people did not know how to get help with their housing.

What other research found out

Other people who did research about barriers found out that:



- it takes local councils too long to make changes in people's homes



- it is hard to find a person you trust to do the work



- it is hard to know **how** to ask for help



- **landlords** are not letting people make changes.

Your **landlord** owns your home and you pay them money to live there



- there are not enough staff to help

Our big ideas for the future

From looking at everything people told us there are **3 big things** that organisations in Gloucestershire need to do.



Big thing 1: Keep talking to disabled people and people with mental health challenges

Organisations should:

- ask people what barriers they face and what support they need with their housing
- use what people say to plan work and make decisions. Make sure people's voices are included





- work together with disabled people and people with mental health challenges to try to solve any problems



- keep looking at the information they give out and make sure everyone has it



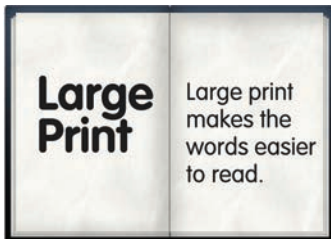
- ask people what they think and listen to them so they feel safe asking for help

Big thing 2: Give people clear information that is easy to understand

Organisations should give information in lots of different ways. Things like:



- easy read information



- large print



- braille and sign language



- Giving information online and on paper



- making sure people can talk to staff face to face if they need to

Organisations should talk to disabled people to find out what information about a home is important.



Things like:

- photos of the home



- maps to help you know where the home is



- knowing things like:
 - how many steps there are



- if you can park a car there



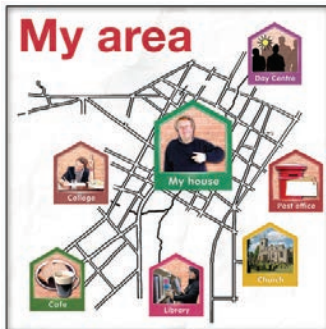
- how wide the doors are

Big thing 3: Make sure there is lots of choice of housing for disabled people

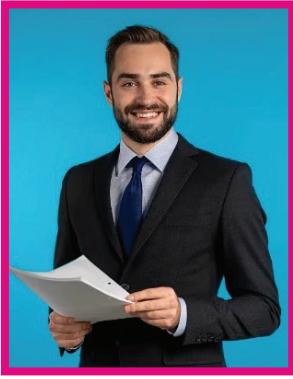
Organisations should think about the different sorts of housing they have.

They should think about things like:

- the areas the houses are in
- **transport** like buses and trains in the area
- if there are things like shops and a doctors surgery close by
- if the area is safe



Contact us



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