

# Freedom

The freedom of having a home

“I get up and open the curtains and the sun just streams in all day.”

When Adelaide talks about her home she talks of freedom, the joy of being able to invite friends for a lazy afternoon coffee and some home-made baking or to play her electronic organ without annoying anyone.

For Adelaide independence and flexibility are sweet after years of rules and fitting in with other residents and staff. “I do lots of handiwork. I can spread out and not be in anyone’s way. I enjoy making things again and giving them away to people. I fill up the cake tins too; it seems to bring visitors, you know?” For Adelaide, her own home means freedom.

Adelaide spent years living in supported accommodation, but then, with the support of Keys she made the move into her own home. She remembers the support worker who had the courage to challenge her about the state of her transition flat and stay at home life. That was the moment she realised she needed to get her act together. It was her motivation to set a goal and take action.

Now, Adelaide is proud of the place she has made her home. She is excited about planting out her garden and spring cleaning her home, of having visitors to stay in her spare room and about working part-time at a nearby pet shop.

For a time when she was in supported accommodation she lost touch with her family, but now having her daughter and granddaughter visit her home lifts her spirits. She’s even making a ‘Mum’s Recipe Book’ to leave to her daughter.

Having her own home and being settled has given Adelaide more confidence, allowing her to better look after number one.

“I fill up the cake tins too: it seems to bring the visitors you know?”

