



Feeling at Home checklist



What it is about

This checklist helps people to say what makes them feel at home where they live and what might need changing.



Who it is for

- People with learning disabilities in shared homes

These people can support you with the checklist.

If they do, we want them to use the words in the checklist.

- Family
- Advocates
- Inspectors
- Quality checkers
- Staff
- Service managers



When you can use it

- When you want to change things in your home
- If you are moving into a new home
- In a review of your care
- In an inspection.

You might want to do one section at a time.



How to use the checklist



In each section read through the 3 sentences.



Tick the box next to the sentence you agree with most.
Just tick one box for each section.



The **green** face means you are happy. This is great.



The **blue** face means you are OK with how things are.



The **red** face means you are not happy.
Something needs to change.



You might need time to decide what you think.



At the end of each section, you can also write down what
helps you feel at home.
And what stops you feeling at home.



About the photos in this checklist



We used photos taken by people with learning disabilities
living in group homes with staff support. They were part of
the Feeling at Home study www.feelingathome.org.uk



Other photos are from Photosymbols.



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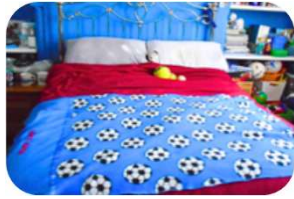
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My bedroom

Tick the box you agree with most.



1. Colours in my bedroom

- I really like the colours in my room.
- I quite like the colours in my room. They are OK.
- I do not like the colours in my room.

☐☐☐

2. My bedroom furniture

- I really like the furniture in my room.
- I quite like the furniture in my room. It's OK.
- I do not like the furniture in my room.

☐☐☐

3. My hobbies and other things I like doing

- I have lots of things in my room for my hobbies.
- I have a few things in my room for my hobbies.
- I do not have enough things for my hobbies.

☐☐☐

Tick the box you agree with most.



4. Photos of important people and places in my bedroom

- I am very happy with the photos I have of important people and places.
- I am quite happy with the photos I have.
- I am not happy with the photos I have. I want more.

☐☐☐

5. Respect for my private space

- I am very happy with how people respect my room. For example, they always knock first.
- I am quite happy with how people respect my room.
- I am not happy with how people respect my room.

☐☐☐

6. Showing my achievements

These are the things I am good at.

- I am very happy with how much my room shows what I am good at.
- I am quite happy with how much my room shows what I am good at.
- I am not happy with how much my room shows what I am good at.

☐☐☐



Tick the box you agree with most.



7. Keeping my things safe

- The things in my bedroom are very safe.
- The things in my bedroom are quite safe.
- The things in my bedroom are not at all safe.

☐☐☐

8. Storing my things

- I am very happy with the space I have for my things.
- I am quite happy with the space I have for my things.
- I am not happy with the space I have for my things.

☐☐☐

Do you want to say anything else about your bedroom?
You can write it here.



Our living room and other shared rooms

Tick the box you agree with most.



9. Colours in the living room

- I am very happy with the colours in the living room.
- I am quite happy with the colours in the living room.
- I am not happy with the colours in the living room.

☐☐☐

10. Decoration in our shared rooms

Pictures, ornaments, rugs.

- I am happy with the decoration in our shared rooms.
- I am quite happy with the decoration.
- I am not at all happy with the decoration.

☐☐☐

11. Somewhere comfortable to sit

- The furniture is very comfortable in our shared rooms.
- The furniture is quite comfortable.
- The furniture is not at all comfortable.

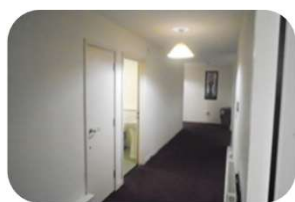
☐☐☐

Tick the box you agree with most.



12. Things for me to do

- There are lots of things for me to do in our shared rooms.
- There are a few things for me to do.
- There is nothing for me to do.

☐☐☐

13. Decoration in the hallway and stairs

Pictures, ornaments, rugs.

- I have a lot of choice about how the hallway looks.
- I have some choice about how the hallway looks.
- I have no choice. I am not happy about this.

☐☐☐

14. Noise in my house

- The noise in my house does not bother me.
- The noise in my house bothers me a bit.
- The noise in my house bothers me a lot.

☐☐☐



Do you want to say anything else about your living room and other shared rooms?



Kitchen

Tick the box you agree with most.



15. Snacks and drinks

- I can make snacks and drinks whenever I want.
- I can sometimes make snacks and drinks when I want.
- I cannot make snacks and drinks when I want.

☐☐☐

16. Sharing the kitchen with staff

- I am very happy with how I share the kitchen with staff. We decide together.
- I am quite happy with how I share the kitchen with staff.
- I am not at all happy with how I share the kitchen.

☐☐☐

17. Planning and cooking meals

- I am very happy with how much I plan and cook meals.
- I am quite happy with how much I plan and cook meals.
- I am not happy with how much I plan and cook meals.

☐☐☐



Tick the box that you agree with the most.



18. Choosing my food

- I can always choose food from my culture or religion.
- I can sometimes choose food from my culture or religion.
- I can never choose food from my culture or religion.

☐☐☐

Do you want to say anything else about your kitchen?



Bathroom

Tick the box you agree with most.



19. Sharing the bathroom

- I am very happy with how we share the bathroom.
We decide together.
- I am quite happy with how we share the bathroom.
- I am not happy with how we share the bathroom.

☐☐☐

Do you want to say anything else about your bathroom?

Garden

If you have a garden or a yard



Tick the box that you agree with the most.



20. Our garden

- The garden is a lovely place. I really like it.
- The garden is quite nice, it is OK.
- I do not like the garden.

☐☐☐

21. Things I can do in the garden

- I can do lots of things I enjoy in the garden.
Like gardening, games, BBQs.
- I can do some things I enjoy in the garden.
- There is nothing for me to do in the garden.

☐☐☐

Do you want to say anything else about your garden?



Living with staff

Tick the box you agree with most.



22. Spending time with staff at home

- I have lots of time with staff at home doing fun things.
- I have a bit of time at home with staff doing fun things.
- I do not have enough time with staff at home doing fun things. I am not happy about this.

☐☐☐

23. Going out with staff

- I go out with staff a lot to do fun things together. Like to the shops, cinema or café.
- I go out with staff a bit to do fun things together.
- I do not go out with staff as much as I want.

☐☐☐

24. Making a complaint

- I always tell staff about things I want to change in my house.
- I sometimes speak up about things I want to change.
- I never speak up about things I want to change.

☐☐☐



Tick the box that you agree with the most.



25. Doing housework

- I am very happy with how much housework I do.
- I am quite happy with how much housework I do.
- I am not happy with how much housework I do.

☐☐☐

26. When things break

- I am very happy with how broken things are fixed or replaced in my home.
- I am quite happy with how broken things are fixed.
- I am not happy with how broken things are fixed.

☐☐☐

27. Getting help when I am sad

- I am very happy with how staff help me when I am sad.
- I am quite happy with how staff help me when I am sad.
- I am not happy with how staff help me when I am sad.

☐☐☐



28. Staff writing their notes

- I am very happy with how staff write notes in my home.
- I am quite happy with how staff write notes in my home.
- I am not happy with how staff write notes in my home.

☐☐☐

If you **have a room for staff** in your home, tick the box that you agree with most.



29. Staff room

- I am very happy with the staff room.
- I am quite happy with the staff room.
- I am not at all happy with the staff room.

☐☐☐



30. Getting on with staff

- I get along with all the staff.
- I get along with some of the staff.
- I do not get along with any of the staff.

☐☐☐

Do you want to say anything else about staff?



Family and relationships

Tick the box you agree with most.



31. Keeping in contact

Like calls, Zoom and visits.

- I am very happy with how much contact I have with my family and friends.
- I am quite happy with how much contact I have.
- I am not happy with how much contact I have.

☐☐☐

32. Helping us get on well together in the house

- Staff are very good at helping us get on well together.
- Staff are quite good at helping us get on well together.
- Staff are not good at helping us get on well together.

☐☐☐

33. Getting on with my housemates

- I like all the people that I live with.
- I like some of the people that I live with.
- I do not like any of the people that I live with.

☐☐☐



Tick the box that you agree with the most.



34. Deciding things together

- Housemates have regular meetings to decide what happens in our home.
- Housemates sometimes meet up to decide things.
- Housemates never meet up to decide things.

☐☐☐

35. Pets

- I am allowed a pet in my home if I want.
- I do not know if I am allowed a pet.
- I am not allowed a pet.

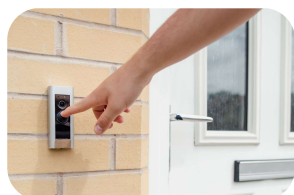
☐☐☐

Do you want to say anything else about family, friends and staff.



Visitors

Tick the box you agree with most.



36. When my family and friends visit

- Family and friends are very comfortable when they visit.
- Family and friends are not very comfortable when they visit.
- Family and friends are not at all comfortable when they visit.

☐☐☐

37. Making people a drink

- We always welcome visitors with a drink.
Like tea or coffee.
- We sometimes welcome visitors with a drink.
- We never welcome visitors with a drink.

☐☐☐

38. Inviting people to meals and activities Like movie night or games night.

- We often have people round for meals and activities.
- We sometimes have people round for meals and activities.
- We never have people round for meals and activities.

☐☐☐



Tick the box that you agree with the most.



39. Having people over to stay the night

Like family, a friends, a boyfriend or girlfriend.

- I can have visitors to stay the night if I want.
- I do not know if I can have visitors stay the night.
- I cannot have visitors stay the night if I want.

☐☐☐

Do you want to say anything else about visitors?



Community and neighbourhood

Tick the box you agree with most.



40. Religion

- I can go as much as I like to church, mosque, synagogue or temple. ☐
- I can sometimes go to church, mosque, synagogue or temple. ☐
- I can never go to church, mosque, synagogue or temple. ☐



41. Local shops

Like cafes, post office, parks, library.

- I use my local shops and area as much as I like. ☐
- I sometimes use my local shops and area. ☐
- I hardly ever use my local shops and area. ☐



42. Neighbours

Neighbours are other people and families who live nearby

- I am very happy with my neighbours. ☐
- I am quite happy with my neighbours. ☐
- I am not happy with my neighbours. ☐





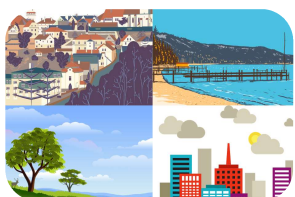
Tick the box that you agree with the most.



43. Being part of the community

Street parties, clubs, community events, bands

- I do lots of things with other people in my community.
- I do a few things with other people in my community.
- I hardly ever do things with other people in my community.

☐☐☐

44. Where I live

Like town, countryside, village, coast.

- I really like the place where my home is.
- I quite like the place where my home is.
- I do not like the place where my home is.

☐☐☐

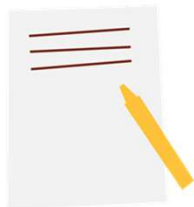
Do you want to say anything else about community and neighbourhood?

Do you want to say anything else
about your home?





What next?



Now you have finished the checklist, count how many of the different faces you have circled.

This can help you tell people how at home you feel where you live.

	Green happy face	
	Blue OK face	
	Red unhappy face	

Do you have some unhappy faces?

Maybe you wrote something down that you want to change?

Maybe there are other things more important for you?

Together with staff or family, you can use the **Feeling at Home Toolkit** to explore how you can change these things about where you live.

You can find activities to do under each section.

Like **Community and Neighbourhood**, or **Bedroom**.

Acknowledgements

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For more information about the project please visit www.feelingathome.org.uk

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