

## **Supporting guests to be independent**

When you signed up to become a host you probably had a plan as to how long you wanted to host for. This might have only been for 6 months, or perhaps you were happy to host for as long as needed.

Either way there will come a time when your guests will be moving on from you, whether that is to another host, into independent accommodation or they decide to return to Ukraine.

Planning for this time will be beneficial to both you and your guests.

### **Plan for the end of hosting as soon as possible.**

Be open and honest with your guests as to how long you can host for and ensure you give a clear concise message. The sooner your guests know a timescale for how long they can stay with you, the sooner they can start making plans for their future.

You may be happy to host indefinitely. However, we would still recommend having conversations about what your guest's plans are, supporting them to integrate into communities and promote independence, and helping them make plans for their future.

### **Promote Independence**

To support guests moving towards independence start thinking about the things they can do for themselves, such as making their own appointments, going to activities or clubs. Gradually encourage them to do more for themselves and become more responsible.

Think about ways that you can reduce your support and move to becoming more of a mentor or advisor rather than providing practical support.

### **Planning for independence**

Helping your guests plan for their future will support them to be independent. Discuss with your guests what their bigger plans are, for example do they eventually want to move into their own accommodation, do they want to get a specific job.

Once you have an idea of this, then together you can begin to think about smaller steps towards achieving their goal. For example, will they need to improve their language skills, do they need to learn to drive to access work. Do they need help to understand housing options and budgeting?

It is important to encourage guests but also be realistic. Ensure they understand challenges that they may have to overcome and what might be realistic timescales for achieving their goal.