



*Helping adults with a learning difficulty to live as part of the community and as independently as possible, to choose where they live and what they do, to be in control of their own lives and to be able to make plans for the future.*



## About Hilt

Hilt is a voluntary organisation with services in a number of London boroughs. At present, we support people in Hackney, Islington and Tower Hamlets.



Set up to house and support people moving from long stay hospitals in the 80s, Hilt has moved a long way since then. Most of the people who we support live in their own flats or houses; many have jobs.

Hilt supports people from the most independent people to those who require significant support in order to have a good life. We work hard to understand what people want, and person centred planning is having a growing influence on what we do. We firmly believe that people do not choose to do nothing; our job is to work out, with them, what they want from life, and how we can help them to get it.

## Our Services

### *Supported Living...*

We support about 80 people who live in their own homes. These are single flats, shared flats and some small shared houses. It includes people who have multiple disabilities and those who want a substantial amount of support, as well as people who live very independently with little staff support. Volunteers live with some people, helping them to make contacts in the local neighbourhood, and helping people to learn to stay safe.





### *Day Services...*

We got rid of our day centre a few years ago and never looked back. There's always something to do out there in the community, from sports to education, we enable people to develop interests, learn new things and lead an active lifestyle.

This service also provides a special service for people with Autism, enabling people to participate in a way that fits with their own individual preferences.

### *Residential Homes...*

Hilt has 5 residential homes based in Hackney. These are small, from 3 to 6 people living in each. They are ordinary houses and flats in residential streets and provide varying styles of support. They aim to maintain and increase independence. Many people have moved from residential homes in Hilt to their own flats, increasing their choices in who they live with and what they do with their lives.



For more information about Hilt, visit our website:

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