



**MRA**ssociates  
Advisers to Supported  
Housing

---

T - 01475 727 089  
F - 07092 882 002  
W - [www.mrassociates.org](http://www.mrassociates.org)

---

Kingston House,  
3 Jamaica Street, Greenock,  
Renfrewshire, PA15 1XX.

---

# What is Supported Exempt Accommodation?

## Basic Info

“Supported exempt accommodation” (often abbreviated to SEA) is an unofficial term sometimes used in connection with Housing Benefit and Universal Credit to mean either of the following:

- Specified accommodation, or
- Exempt accommodation

Because SEA is not a legally defined expression, and because different people use it to mean different things, the more precise terms “specified accommodation” and “exempt accommodation” are preferable.