



Thinking about a move
to 24 hour support?

Think about Extra Care Housing

Promoting
Independence

Changing
Lives



Some frequently asked questions are answered below

What is the difference between Extra Care Housing and Sheltered Housing?

The main differences are that in Extra Care Housing care, support is available on site 24 hours a day and a main meal is provided.

What is the difference between Extra Care Housing and Residential Care?

There are significant differences. In Extra Care Housing you have a legal right to occupy your property providing you meet the conditions of the tenancy or leasehold agreement. You have self-contained accommodation, including a kitchen if you want to prepare your own meals. You may choose to close your front door to the outside world or use your living room to socialise with relatives and friends. You may have friends or relatives to stay with you. In short, you have far greater control over how you live your own life. Also, if you have a partner and your care and support needs are different, you can continue to live together in an Extra Care Scheme.

What happens if my health gets worse while I am living in Extra Care?

It is expected that your needs will change over time – and not always for the worse! There

may be times when you need a lot of care and support, times when you need no support or a mixture of the two. The care staff should be flexible and sensitive in asking you about what you need. They cannot give you nursing care, but they will support you to stay living in the same place.

Can I stay until I die?

Extra Care Housing aims to provide you with a home for life. This may not always be possible, for example if you become a risk to yourself or others, but it is the aim.

Can I afford Extra Care Housing?

If the accommodation is provided by a housing association, the rent levels are usually regarded as 'affordable'.

Depending on your income, you may qualify for housing benefit for your rent. If you get housing benefit or income support you may also be entitled to free care and support services.

If you are thinking of moving into Extra Care Housing it is important to find out exactly what it will cost you. You may qualify for benefits to meet all or part of the costs.

What is 'Extra Care' Housing?



It is a secure form of housing, usually a flat that provides additional facilities to support people with both their care and their accommodation needs. Unlike traditional forms of sheltered housing it can provide the support needed for many people who would otherwise have to give up their own home or enter residential care. You are still responsible for the running of your home but the worry of maintenance and security are taken away.



Extra care housing offers:



- **On-site care staff** with up to 24-hour care and support
- **Community Alarms**, sometimes called "lifelines", linked to a response service so that you have someone to contact 24 hours a day
- **Privacy.** You have your own front door, so you decide who comes in
- **Company.** Couples and friends, even with different care needs, can stay together. You can also join in social activities
- **Independence.** You get support to remain independent and you control your own finances
- **Security.** You rent or own your home so you would only have to move if you become a risk to yourself or others
- **On-site catering.** There is a restaurant as well as your own kitchen.

You may be thinking of moving or having to leave your old home because of life changes or health problems. Or you may simply be unhappy with where you are living now. If you value your independence and privacy and want to control the choices in your life, think about Extra Care Housing.

Recently some residents were asked for their views of living in extra care housing.

Mona



“I saw the day would come when I could no longer manage a house and garden, but I didn’t want to live alone or feel isolated and insecure.

Here, we are independent in a home of our own, with a sitting room, bedroom, fully-equipped kitchen and toilet and shower room.

I can make a snack or hot drink when I need to. I have my own furniture and bits and pieces around me.

We have a spacious lounge-dining room and a fresh homemade lunch is prepared each day. There is a well-stocked shop, hairdressing salon and laundry room, along with 24-hour care and support and a personal on-call system.

There is also much to be said for being able to escape behind your own front door

This is a way forward for those reaching their advancing years.”

The views of three other residents are quoted below:

Arthur



My late wife and I loved it here from the first day. I would have had to go into a home otherwise. I don’t cook, but I have a nice dinner every day! I’m still trying to find something to grumble about!

Mary



The care and support I’ve been given helped me get my strength back after a stay in hospital. I have help with a shower and other things. I can make a cup of tea, but can’t carry it to my chair, so the carers help me.

Olive



My house got too much for me but I still wanted to be independent. Your flat really is your own home with your own front door and you decide who you want to come in.

So how does it work?

There are a number of Extra Care Housing schemes in Leicestershire where properties can be rented. They are managed by Housing Associations or local councils. There is also private Extra Care Housing available to buy in the County, and developers are keen to provide more. All of these schemes provide 24 hour support services to you in your own home, with the benefits of being able to socialise with other residents, and the provision of a main meal. Whilst existing facilities are spread across the County, we are working with partners to ensure that there is at least one Extra Care Housing Scheme in each district of the County.

The County Council is supporting these developments because people tell us they want a wider range of choices as they grow older and we want people to be independent at home but not socially isolated. This is about promoting choice for older people. We need to move on from the position where people moved into residential care, not because it was a matter of choice, but because no other alternatives were available.

The criteria for admission to each scheme varies and some areas offer both leasehold and rented properties so you don't have to lose the capital tied up in your own home. If you rent the property, you can pay rent under a tenancy agreement, or if you are in a position to buy your own extra care accommodation this is arranged with the housing provider.

If you would like to know more about Extra Care Housing you don't have to wait until you are no longer coping at home, you can seek advice from your local district council office or from the County Council's Adult Social Care Service in your area. Or contact the Elderly Accommodation Counsel (EAC), who offer a free and impartial advice service for older people, their relatives and carers to help older people make informed choices about their housing, care and support needs. EAC has been a registered charity since 1985.



Useful Contacts

District Councils

Blaby District Council

Council Offices
Desford Road
Narborough
Leicester
LE19 2EP
Tel: (0116) 275 0555

Charnwood Borough Council

Council Offices
Southfield Road
Loughborough
LE11 2TX
Tel: 01509 263151
Minicom: 01509 215996

Harborough District Council

Council Offices
13 Adam and Eve Street

Market Harborough
Leicestershire LE16 7LT
Tel: 01858 828282

Hinckley & Bosworth Borough Council

Council Offices
Argents Mead
Hinckley
Leicestershire
LE10 1BZ
Tel: 01455 238141
Fax: 01455 251172

Melton Borough Council

Council Offices
Nottingham Road
Melton Mowbray
Leicestershire LE13 0UL
Tel: 01664 502502

North West Leicestershire District Council Council

Offices
Whitwick Road
Coalville
Leicestershire
LE67 3FJ
Tel: 01530 454545
Fax: 01530 454506

Oadby & Wigston Borough Council

Council Offices
Station Road
Wigston
Leicestershire
LE18 2DR
Tel: (0116) 288 8961

Adult Social Care Offices

Blaby, Oadby & Wigston

Bassett Street
South Wigston
Leicester LE18 4PE
Tel: 0116 278 7111
Fax: 0116 2780761

Hinckley

27 Upper Bond Street
Hinckley
Leicester LE10 1RH
Tel: 01455 636964
Fax: 01455 250450

Harborough

Brooklands
34 Northampton Road
Market Harborough
Leicester LE16 9HE
Tel: 01858 465331
Fax: 01858 431104

Charnwood

Pennine House
2 Lemyngton Street
Loughborough
Leicester LE11 1UH
Tel: 01509 266641
Fax: 01509 210167

Melton

County Buildings
Leicester Road
Melton Mowbray
Leicester LE13 0DA
Tel: 01664 564698
Fax: 01664 564390

North West Leicestershire

3 High Street
Coalville
Leicester
LE67 3EA
Tel: 01530 275200
Fax: 01530 815155

Other Organisations

For further advice and information contact the **Elderly Accommodation Counsel (EAC)**
Tel: 020 7820 1343; Fax: 020 7820 3970; Email: enquiries@eac.org.uk or write to:
EAC, 3rd Floor, 89 Albert Embankment, London, SE1 7TP or visit www.HousingCare.org