



Delivering **lifetime homes** for Redcar & Cleveland

This is your guide to

Extra Care Housing



This guide tells you about extra care housing in Redcar & Cleveland

It will help you decide if it could be an option for you. The guide explains:

- The benefits of extra care housing
- About the accommodation and on site facilities
- How care and support is provided
- The difference between extra care housing and other care
- Who can rent extra care accommodation
- About paying for extra care housing
- About ownership and tenure arrangements

What is extra care housing?

Extra care housing is purpose built accommodation for people aged 55 years and over who have housing or care and support needs.

Each scheme has a number of individual private apartments for rent. There is also

shared space for residents to socialise and other on-site facilities such as hair salon, café/restaurant, lounge and hobbies room.

Accommodation is often suitable for wheelchair users and people with mobility difficulties.

What are the benefits of extra care housing?

You may be considering moving from your current home because of life changes or health or mobility problems or you may simply be looking for a more suitable place to

live. If you value your independence and privacy and want control and choices in your life, extra care housing may be a good option. Some of the benefits are:

- ✓ You live at home, not in a home
- ✓ You have your own front door for visitors, post, milk, newspapers etc.
- ✓ Couples can stay together
- ✓ There is a community on your doorstep
- ✓ There are a range of facilities on site
- ✓ 24 hr care and support services are available (commissioned by the Council)
- ✓ Housing management staff are available during office hours
- ✓ You are supported to maintain your independence
- ✓ You can choose to join in activities or not as you wish
- ✓ You have security of tenure

About the accommodation

Each apartment has one or two bedrooms, fully fitted kitchen, lounge and bathroom with a level access shower. Modern heating and insulation standards are high with individual temperature controls in each room.

The accommodation is designed to be level access throughout to enable the use of wheelchairs and motor scooters if needed. Some providers of extra care housing have a pet-friendly policy recognising the

importance of being able to keep certain pets living with you.

Buildings are hard-wired for the use of Assistive Technology. These include falls and flood monitors, medication reminder/dispensers, epilepsy sensors and property exit sensors. Assistive technology equipment is not a replacement for a care or support worker, but can be useful to help retain your independence for as long as possible.

Lounges and master bedrooms have TV and telephone points and some have satellite TV capability. You are able to decorate your home however you wish. The communal rooms are tastefully decorated and furnished and are kept clean and maintained by the housing provider. You will be offered a cleaning service

for your apartment although there would be a charge for this service.

Outside there are well kept landscaped gardens which are maintained by ground staff and residents are encouraged to take part in gardening activities if they wish.

About the facilities

Each scheme has a range of additional facilities on site to meet the needs of all residents. People with mobility problems and those living with dementia will be able to join social activities and continue to be involved in normal day to day activities such as visiting the hairdresser. Staff are on site if support is needed to take part in activities.

Local people are actively encouraged to come in and make use of the facilities and services. This widens the social contact for residents as well as providing a valuable resource for the local community.

The café/restaurant service is available to all residents. Seasonal, freshly-prepared,

nutritionally balanced meals to suit all ethnicities and all medical/health needs are provided at a reasonable cost. Schemes vary and there may be daily choices at meal times or one hot meal a day provided as a condition of your tenancy. You will be supported to visit and use the restaurant if assessed as needing help to do so. Families and friends are encouraged to eat with residents when they visit.

You can of course choose to cook and eat in your own apartment if you wish. Some residents will have support to do this as part of an assessed need.

About care and support

You will have an individual care assessment to assess your care and support needs. An assessment team member will discuss with you how your care and support will be provided. Support staff, based on site, will get to know you and monitor your day today wellbeing. They can deal with any changes to your circumstances or needs. The level of care provided can be increased or decreased to match your needs if they change.

Flexibility is built into the care and support delivery. For example, if you are temporarily poorly, care and support can be increased and then gradually reduced again as you recover or you may have come home from

hospital after a period of ill health and need more support whilst you recover. Being flexible ensures the best care and support is provided for everyone depending upon their particular need at any time.

The ethos for extra care housing is one of independent living with support to do as much as possible for yourself. This means that you would be helped to retain the skills you have for as long as possible. For people moving to extra care from a stay in residential care, there is support to regain some independence where possible.

Staff recognise that everyone is different and will help you achieve your own personal goals. Extra care housing is staffed 24 hours a day, 365 days a year by a range of experienced housing, care and support staff. This means that you can easily raise any concern or problem with any member of staff. They will

ensure it is dealt with and making sure you know what is happening.

You will have the reassurance of knowing that, staff can be with you promptly if you have an urgent need for assistance.

The difference between extra care and other care

Extra care housing is similar to renting or owning a home in the community and receiving care at home services for a number of hours a day. However, instead of carers travelling to and from your home they are based in the same building and are

readily available in cases of emergency. Like care at home, you decide regular times for carers to assist you.

Unlike residential care, you have your own front door and live at home not in a home.

Who can rent an extra care apartment?

You must have a housing or care need to apply. The apartments cannot be used as a second home or holiday home.

You could be eligible to live in extra care housing if you:

- ✓ Are over 55 (or younger with a disability) and
- ✓ Have a housing, care or support need and
- ✓ Are already living in the borough in which the scheme is built or
- ✓ Are living outside of Redcar & Cleveland but with a local connection

To be considered you will need to complete an application form and agree to have your care and support needs assessed. Applications are assessed by a panel with

representatives from the housing provider, the Council and the care provider using the eligibility criteria for the scheme.

Paying for extra care housing

There are several elements to the costs of extra care housing:

- the cost of renting the apartment
- the service charge associated with the apartment
- your care and support costs

Depending upon your income, you may qualify for housing benefit which can cover all or part of your rent. Following a financial assessment you may also be eligible for help with your care and support costs.

The amount you pay will vary depending upon your own financial situation; the level of income you have every month, your savings and the value of any property you may own. You may have to pay for all of the costs or you may be entitled to benefits to meet some or all of the costs. Staff will be able to give advice on any help you may be entitled to.

In addition you will need to consider day to day living costs including the cost of electricity, council tax, telephone, groceries and personal expenditure.

About ownership and security of tenure

Extra care housing schemes are owned and managed by housing associations. The Council works in partnership with these organisations to make sure that there is enough, high quality extra care housing provision in Redcar & Cleveland.

When you rent an apartment in extra care housing, you have an Assured Tenancy. This gives you legal security on your tenancy agreement. If you are living as a couple, and your partner dies, you can continue to live in the apartment for as long as you wish or as long as you can afford to.

For more information about Extra Care Housing in Redcar & Cleveland, please speak to your health or social care worker or contact Adult Social Care on 01642 771500