

Extra care housing



A general guide for potential tenants

**Independence • Support • Choice • Control •
Life-time home • Care at hand • Privacy •
Security**

What is extra care housing?

Extra care housing is normally a number of self-contained homes specifically designed to enable older people to live as independently as possible, whilst having the benefit of on-site staff to offer care and support when needed.

The accommodation may be a group of flats, known as schemes, or, in other areas, bungalows arranged in villages. All are fully accessible for people with mobility needs and can be further adapted as those needs change.

There are usually communal facilities, such as a lounge, gardens and a bistro plus activities to help people meet their neighbours, make friends, and remain physically and mentally active e.g. arts and crafts or exercise classes – of course people are welcome to join in as much or as little as they choose.

The extra care housing currently available in Kirklees is flats to rent, other accommodation types may be available in the future. The safety and security of tenants is our priority; extra care housing has security features such as fob door entry systems to give occupants extra peace of mind.

Please refer to the individual information sheet for the extra care housing options currently available in Kirklees.

Can anyone live in extra care housing?

There are eligibility criteria which ideally should be met before someone can be considered for extra care housing. These include being aged 50 or above and having both a housing need and a care need.

A housing need may mean that a person's current home is no longer suitable or needs extensive adaptations. A care need might mean needing assistance with personal care, meals, or medication, or having staff readily available on site.

There are circumstances that mean the criteria does not need to be fully met. For example, where the accessible environment of extra care housing is the best housing solution for a slightly younger person who has a physical disability.

In Kirklees, there are currently 10 flats, known as Meadow Green Lodge, which are designed and staffed to specifically meet the needs of people who are living with dementia. It is important that people move into the flats when they are still able to become familiar with the new environment. This will differ for every person after a diagnosis of dementia but the earlier the decision to move is made, the better the person will settle into their new home.

Can I look around extra care housing to help me to decide?

Yes. It is important that anyone considering a move to extra care housing visits before making any decisions. People can visit for a coffee or lunch in the on-site bistro or pre-arrange to join an activity, to get a feel for some of the communal areas. Individuals being considered for a flat are always invited to view the allocated flat before making a final decision.

Are the flats like rooms in a residential care or nursing home?

Not at all. People who live in extra care housing in Kirklees are tenants with full tenancy rights and have a key to their own front door. The accommodation typically consists of a spacious entrance lobby, open plan lounge/kitchen, one or two bedrooms and a wet room/toilet. People come and go as they please and welcome visitors into their homes whenever they want. The flats are fully self-contained and tenants decorate and furnish them to their own taste and requirements.

What care and support are available in extra care housing?

Care and support in extra care housing is focussed on maintaining independence for as long as possible. The on-site staff are therefore trained to encourage people to remain physically and mentally active, only stepping in to assist when people are unable to do things for themselves.

Everyone living in extra care housing can enjoy the benefits of:

- An on-site care and support team.
- An assistive technology system, such as a wearable pendant which can be used to call on the staff team in an emergency.
- Additional assistive technology aimed at maintaining independence, such as a fall sensor, provided on an individually assessed basis.
- Flexible care at times of illness or when recovering after a hospital visit.
- A daily wellbeing visit to check that everything is ok, and if not, to establish what assistance is needed.
- Support with things like contacting utility companies, completing benefits forms, keeping in touch with families or joining local clubs.
- An on-site bistro providing nutritious homecooked meals.
- A programme of meaningful activity aimed at keeping occupants physically and mentally active.

In addition, everyone thinking of moving into extra care housing will take part in a care assessment and an individual package of care will be arranged if needed. Ideally, this will be provided by the on-site care team, although people can choose a different way of meeting their care needs, such as through family or an off-site care provider, if they prefer.

People living in extra care housing can also purchase additional services such as shopping, cleaning and social support privately, if they choose. This can be purchased from the on-site or an off-site care team.

What does it cost to live in extra care housing?

There are a number of charges and costs associated with living in extra care housing. It is important that you fully understand all the information on the individual scheme charging leaflet which you will be given by the assessor handling your enquiry.

Can visitors stay over in the scheme?

Yes, all extra care housing has at least one visitor's flat (sometimes known as a guest suite) available for temporary use. Use of the visitor's flat must be arranged with the

manager and is at their sole discretion. Bookings are taken on a first come first served basis and there is usually a charge.

Are pets allowed?

Some extra care housing does allow small pets such as fish or budgies which do not need regular outside access. However, larger animals such as cats or dogs are not usually allowed. It is strongly advised that you find out what the pet policy is before tenancy sign up to avoid any disappointment. Where pets are allowed, they remain the owners' responsibility throughout the tenancy, on-site staff cannot take responsibility for pet care.

What are the communal facilities?

Most extra care housing includes communal facilities such as a lounge, activity room, therapy room, secure gardens, tenant buggy store, assisted bathroom and limited parking for tenant use. They are open to all tenants and their visitors and some of the facilities, such as the hairdressing salon and bistro, are open to the general public too. Communal areas are usually separated from the flats by a fob-controlled security system so occupants are safe from unwelcome visitors.

How long can I live in extra care housing?

Extra care housing is designed to be a home for life. Occasionally however, an occupant's mental health, behavioural or nursing needs may require a different and more appropriate housing solution to ensure the wellbeing and safety of the individual.

I'd like to know more about extra care housing

If you are interested in finding out more about the extra care housing schemes in Kirklees, contact Gateway to Care in the first instance on 01484 414933 or via email gatewaytocare@kirklees.gov.uk.

Do you need this information in a different format?

This information can be made available in languages other than English. It can also be made available in large print, audio CD and Braille. Full details are available by telephoning 01484 414933