

# **Update on Extra Care Housing Strategy Living at Home Programme**

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Group Manager Strategic Commissioning**

# **Improving choice for older adults**

- **In the past Home Care or Residential Care**
- **Until the new HBSS contracts rigid call times at limited times around the clock**
- **People told us they needed more flexible support services**
- **Extra Care Housing Strategy approved NCC investing £12.65m**

# **Improving choice for older adults**

## **Living in an 'Extra Care' scheme means:**

- Own front door**
- Own tenancy**
- Retain your independence**
- Access to on-site care staff 24 hours a day  
help with personal care only when needed**
- Support is flexible and dependent on your  
needs at the time**

# **Existing Extra Care Housing**

**Currently 7 extra care schemes in Notts**

**Westmorland House** in Harworth

**Abbeygrove** in Worksop

**Vale View** in Newark

**Moorfield Court** in Southwell

**Hilton Grange** in Edwalton

**Cricketers Court** in West Bridgford

**Spring Meadows** in Cotgrave

# NCC knows Extra Care works & is spreading the word ...

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## A home for life

"I didn't know which way to turn earlier this year. My mum had just come out of hospital and then my father went in for four weeks. It was a really tough time," explains Angela Higgs daughter of Mr and Mrs Sulley who now live in Extra Care housing in Edwalton.

Angela, 65, was finding it hard to cope with the everyday care and support her parents needed. Her son Laurance was a great help, but when the health of both her parents started to suffer, Angela knew something had to change.

"During each visit to my parents I was running errands, doing jobs around the house and just generally taking care of them," says Angela. "I was there every day and felt exhausted. My parents weren't happy either and I couldn't see how I could cope long term."



It was at this time that Angela spoke to her neighbour, who suggested she look into the Extra Care housing scheme. "I took my neighbour's advice and read all about it on the County Council's website," says Angela. "Afterwards I told my son and he got in touch with the Council. Things really

started to happen after this, and mum and dad moved into their new apartment in June this year."

"I didn't want to move in at first", says Mrs Sulley. "But within 10 days I thought to myself, 'I actually really like it'."

"We're so happy in our home," says Mr Sulley. "There's a beautiful garden just outside our door. I sit outside all the time, it's my little piece of heaven. Everyone's so friendly here too, we were quite isolated where we used to live but now we see people all the time."

There are currently seven Extra Care housing schemes around the county in: Worksop, Harworth, Cotgrave (there are two here), Newark, Southwell and Edwalton.

A range of modern one or two bedroom homes in purpose built developments and renovated buildings are available. Accommodation, which has been developed in conjunction with district and borough councils, is available to buy, rent or part own depending on the location.

The aim of Extra Care housing is to provide a home for life where

people are supported to live as independently as possible. Something Angela knew was crucial to her mum and dad.

Angela says: "Making sure my parents kept their independence was really important to all of us. They wanted to carry on living in their own home for as long as possible. Now in their Extra Care apartment they have freedom and privacy, but also support and help whenever they need it. It really is the best of both worlds."

"We get our washing done for us," says Mr Sulley. "I just leave it in a basket and it's returned clean the next day. We go to coffee mornings and bingo here. We have a friend who lives nearby and he can come in and play bingo with us. There's a little market on a Tuesday with fresh fruit, vegetables, bread and cakes. I really can't fault the place."

Since mum and dad moved here they've been really happy.



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Staff at the housing are available 24 hours a day and can: help residents to wash, dress and get to and from the toilet, remind residents to take medication, prepare snacks and heat up meals, shop, undertake some domestic tasks and do the laundry.

"I have real peace of mind now mum and dad live here," says Angela. "I know it's secure and safe and there are staff on hand if they need them. A carer comes in twice a day to help mum, and they both wear personal alarms which will let staff know if they have a fall."

"Since mum and dad moved here they've been really happy. They laugh just

like they used to and I'm getting my own life back. I've just started to see my friends again. We're so grateful for all the support we've received from the Council, our social worker's been brilliant. We're all so pleased and can't recommend it enough."

Six new Extra Care housing developments are planned for Mansfield, Mapperley, Ashfield, Bilsthorpe, Eastwood and Retford with

building works expected to complete for all new homes by autumn 2015.

If you'd like to find out more about Extra Care you can visit our website [www.nottinghamshire.gov.uk/extracare](http://www.nottinghamshire.gov.uk/extracare) or call the Customer Service Centre on 0300 500 80 80.



Mr and Mrs Sulley (93 and 86) at their Extra Care home in Edwalton



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# **Extra Care Housing**

- **A real alternative to residential care**
- **A flexible service that supports people to retain their independence**
- **Enables them to develop their own support networks**
- **A cost effective option for NCC**

# **New Extra Care Schemes**

**6 new schemes are already in development:**

- 1. St Andrews House – Gedling - 15/31**
- 2. Bungalows – Bilsthorpe, Newark - 9/25**
- 3. Brownlow Road – Mansfield - 48/64**
- 4. Darlison Court – Ashfield - 10/38**
- 5. Elizabethan school site – Retford - 25/93**
- 6. Walker Street – Eastwood - 30/140**

**Total = 137/391**

*Further sites being identified and worked upon*



# New builds already underway

## Newark – Bilsthorpe

Will be ready - Jan 2015



## Gedling - St Andrews House

Will be ready - March 2015



## Mansfield - Brownlow Rd

Will be ready – Sept 2015



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# Newark Extra Care Bilsthorpe Bungalows

- 25 new bungalows for older adults being built by District Council, with HCA funding
- NCC providing funding to improve communal facilities
- Ready Jan 2015
- NCC will have nomination rights for 9 units for older adults (aged 65 years and older) assessed by NCC as eligible for extra care



# Gedling Extra Care St Andrews House

- Being developed in partnership with Gedling Homes
- Ready March 2015
- Re-modelling St Andrews House, to provide 31 new apartments for older people
- NCC will have nomination rights to 15 units for older adults (aged 65 years and older) assessed by NCC as eligible for extra care



# Mansfield Extra Care Brownlow Road

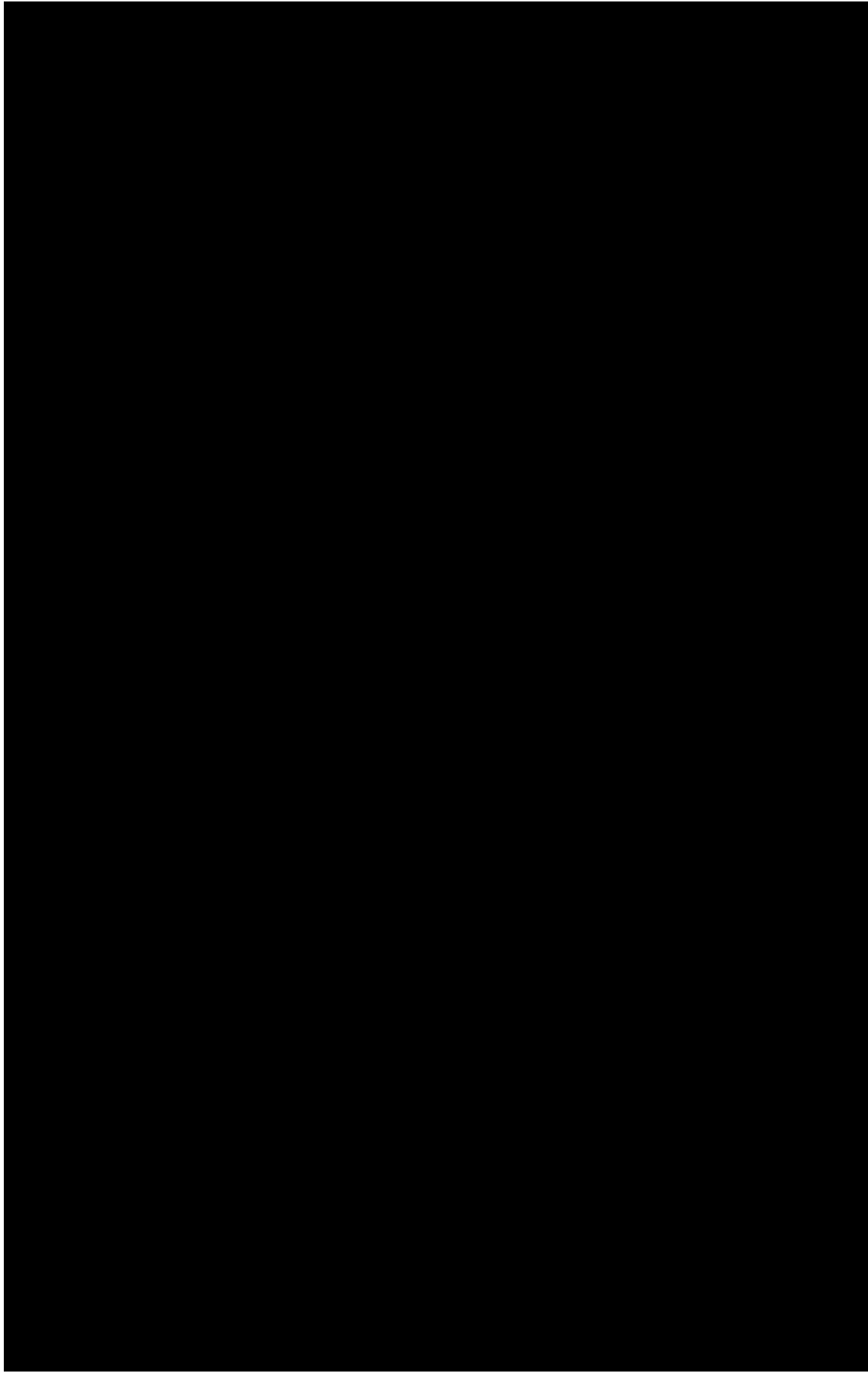
- Being developed in partnership with Mansfield District Council, with HCA & NCC funding
- Ready Autumn 2015
- 'Village' style mix of bungalows, apartments and houses – includes 10 bungalows for people experiencing Dementia
- NCC will have nomination rights to 48 units for older adults (aged 65 years and older) assessed by NCC as eligible for extra care



# Ashfield Extra Care Darlison Court

- Being developed in partnership with Ashfield District Council
- 38 Apartments
- NCC will have nomination rights to 10 units for older adults (aged 65 years and older) assessed by NCC as eligible for extra care





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# **The NCC Commitment...**

- **To create a minimum of 160 additional new extra care places**
- **Current planned new builds are just the start**
- **Further sites are being identified and sought across the county**
- **Discussions with District and Borough Councils and Health are ongoing**



***Thank you***



***Questions / Comments***



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