



Nottinghamshire  
County Council

# Extra Care Housing

Independence

Control

Choice

Privacy

Support

Flexibility

Stability

Sense of community

Security



March 2009

helping you to live independently in your own home



## What is extra care?

Extra care housing is an extension of traditional supported housing. Living in an extra care community means having:

- your own home as part of a supported housing scheme
- access to on-site care staff 24 hours a day to help with your personal care needs.

Extra care housing allows you to live as independently as possible with the reassurance of support when you need it.

With extra care the focus is always on your needs and your choices. There is no sense of living in an institution or to someone else's schedule.

## Aiming for excellence

As part of the 'Aiming for excellence' project, Nottinghamshire County Council has committed to developing an additional 160 extra care housing places across the county.

**For more information visit our website:**  
[www.nottinghamshire.gov.uk/aimingforexcellence](http://www.nottinghamshire.gov.uk/aimingforexcellence)

## What can extra care housing offer me?

**Independence** – you have the freedom to live your life how you want to live it.

**Control** – you can come and go as you please and keep complete control over your finances.

**Choice** – you can rent, buy or part own your home. There are a range of activities available for you to take part in if you decide to.

**Privacy** – you have your own home with your own front door.

**Support** – there is support on hand to help you with those everyday tasks you might find difficult.

**Flexibility** – support is tailored to your own situation and changes according to your needs.

**Stability** – if your needs become greater, you don't have to move to get the support you need.

**Sense of community** – communal areas allow you to easily socialise with other residents and join in group activities.

**Security** - buzzer entry system and a locked front door.

## What facilities do extra care schemes have?

Each scheme is different and what is available varies from site to site. However, each scheme will have:

### Housing

A range of modern and affordable one or two bedroom homes available to buy, part own or rent which are purpose-built or adapted for your care and support needs.

In Nottinghamshire there are also some schemes that have been developed in traditional sheltered housing accommodation with a partner, for example a district council.

### Communal areas

These might include a café, hairdressers, library, guest accommodation for your visitors, a day centre with organised activities and outings.

### Neighbourhood facilities

Extra care schemes are based within local communities so the usual range of neighbourhood facilities are close by (such as leisure centres, shops, GP surgeries, public transport).





## What support can I get?

Home care staff can offer support with your personal care. This can include things like:

- ✓ help with washing, dressing, getting to and from the toilet
- ✓ reminders to take medication
- ✓ preparing snacks and heating up meals
- ✓ shopping
- ✓ laundry
- ✓ some domestic tasks.

There are care staff on site 24 hours a day to offer support with practical care tasks.

All staff are highly professional. They receive ongoing training and support to ensure they deliver the highest quality care.

Some extra care schemes have dementia units which can provide specialist care while allowing people to still live in the community.

## What extra care housing doesn't cover

With extra care housing you live as independently as possible. Care staff are available on site 24 hours a day but you must be able to manage on your own for parts of the day.

Staff are not nurses and cannot change dressings or catheters or give medication (unless it is already in a dispenser for staff to remind you to take it).

## How much does extra care cost?

There are three parts to extra care schemes:

- **Housing:** the cost of buying, renting or shared ownership of your home.
- **Service charge:** for home maintenance and communal facilities.
- **Care and support costs:** these vary depending on your own needs.

The amount you pay will depend on your individual circumstances. We will do a financial assessment to work out exactly how much it will cost you.

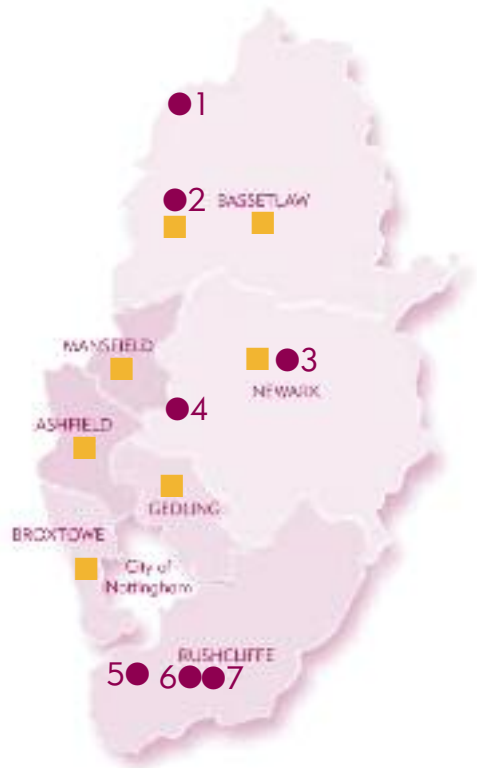
We can also put you in touch with Nottinghamshire Welfare Rights Service. They can offer you advice and support to ensure you receive all the allowances and benefits you are entitled to.

## Where are there extra care schemes in Nottinghamshire?

1. Westmorland House in Harworth
2. Abbeygrove in Worksop
3. Vale View in Newark
4. Moorfield Court in Southwell
5. Hilton Grange in Edwalton
6. Cricketers Court in West Bridgford
7. Spring Meadows in Cotgrave

Proposed new developments, subject to planning permissions, will be at:

- Mansfield/Ashfield x 2
- Retford
- Worksop
- Gedling
- Eastwood
- Newark and Sherwood



## How can I find out more?

For further information on extra care housing please contact:

**Customer Service Centre 08449 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

If you want to see what an extra care scheme looks like and hear what people who already live there think, ask for our extra care DVD. Contact the Customer Service Centre or view it online at [www.nottinghamshire.gov.uk/extracare#extracare-dvd](http://www.nottinghamshire.gov.uk/extracare#extracare-dvd)

## Urdu

آپ اس اشاعت کو کسی اور صورت میں 'پا اس کا اردو'  
ترجمہ کرتے ہیں تو براہ مہربانی کسٹمر سروس سینٹر  
سے رابطہ کیجئے۔

## Hindi

यदि आपको यह प्रबन्धन किसी दूसरी फ़ॉर्मेट या  
हिन्दी भाषा में चाहिए तो कृपया आप कन्ट्रोल  
सर्विस सेंटर से सम्पर्क करें।

## Punjabi

ਜੇਕਰ ਇਹ ਪ੍ਰਕਾਸ਼ਨ ਤੁਹਾਨੂੰ ਕਿਸੀ ਦੂਸਰੀ  
ਫੋਰਮੈਟ ਜਾਂ ਪੰਜਾਬੀ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੀਦਾ ਹੈ ਤਾਂ  
ਡੂਸਰੀ ਕਸਟਮਰ ਸਰਵਿਸ ਸੈਂਟਰ ਨੂੰ ਸੰਪਰਕ ਕਰੋ

## Polish

Proszę o kontakt z Customer  
Service Centre jeżeli chcieliby  
Państwo uzyskać tą publikację w  
innym formacie lub po polsku.

Contact the Customer Service Centre if you need  
the information in a different language or format:

Customer Service Centre, PO Box 9320,  
Nottingham. NG15 5BL

phone **0844 9 80 80 80**

Calls cost 3p/min from BT landlines. Mobile costs may vary.

e-mail **customerservice.centre@nottsc.gov.uk**

website **www.nottinghamshire.gov.uk**



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Photos taken from our extra care dvd and [www.photolibrary.nhs.uk](http://www.photolibrary.nhs.uk)

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