



Extra Care Housing

What is Extra Care Housing?

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 Housing 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.

Living at Home

As part of the 'Living at Home' Programme, Nottinghamshire County Council is developing an additional 160 Extra Care housing places across the county.

These 160 units will be within designated Extra Care Housing schemes; the County Council will have nomination rights to these 160 units of accommodation as an alternative to residential care.

Progress is already underway for a number of new build schemes across the county. For more information, please visit our website: www.nottinghamshire.gov.uk/adultsocialcare

What can Extra Care Housing offer me?

Privacy, Independence and Security – you have the freedom to live your life how you want to live it, in your own home with your own front

door. In addition to a locked front door, many schemes also have a buzzer entry system.

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

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

What facilities does Extra Care Housing have?

Each Extra Care 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 to 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 Housing schemes are based within local communities, so a range of neighbourhood facilities are usually 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 and Laundry
- ✓ Some domestic tasks

Care staff are on site 24 hours a day to offer support with practical tasks. All staff are highly professional. They receive ongoing training and support to ensure they deliver the highest quality care. Some Extra Care Housing schemes have dementia units which can provide specialist care while allowing people to 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 Housing 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.

Care and support costs will vary depending on your needs. The amount you are required to contribute to the cost of care will depend on individual circumstances - we will do a financial assessment to work out exactly how much you can afford to pay.

Where are the current Extra Care Housing schemes in Nottinghamshire?

1. St Andrew's House in Mapperley
2. Bilsthorpe Extra Care in Bilsthorpe
3. Westmorland House in Harworth
4. Abbey Grove in Worksop
5. Vale View in Newark
6. Moorfield Court in Southwell
7. Hilton Grange in Edwalton
8. Cricketers Court in West Bridgford
9. Spring Meadows in Cotgrave

How can I find out more?

For further information on extra care housing please contact:

Customer Services Centre

0300 500 80 80

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 or view it online at:

www.nottinghamshire.gov.uk/extracare#extracare-dvd.

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

Email: enquiries@nottscg.gov.uk

Website: www.nottinghamshire.gov.uk

Minicom: 01623 434993

Phone 0300 500 80 80 if you need the information in a different language or format.