



# Extra Care Housing

## What is Extra Care Housing?

Extra Care is housing with on-site care support. It 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
- On-site care staff 24 hours a day/7 days a week to provide reassurance and help with personal care needs
- Access to on-site communal facilities, as well as living close to shops and local amenities

Extra Care Housing allows you 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.

## Extra Care in Nottinghamshire?

As part of its commitment to improving choice and support for older adults, Nottinghamshire County Council is developing 160 new Extra Care housing places across the county.

This new accommodation will be within designated Extra Care Housing schemes and will provide older people with an alternative to residential care.

Progress is already underway to create a number of new Extra Care schemes across the county. For more information, please visit our website and follow the links to the 'Care & Support in Nottinghamshire' page and then on to the 'Somewhere to Live' page:

[www.nottinghamshire.gov.uk/adultsocialcare](http://www.nottinghamshire.gov.uk/adultsocialcare)

## What does Extra Care Housing offer?

**Privacy, Independence and Security** – you have the freedom to live your life how you wish, in your own home with your own front door. You can come and go as you please.

**Control and choice** – you keep complete control over your finances. Dependent on the accommodation on offer within each scheme, you can rent, buy or part own your home.

**Support and Flexibility** – support is on hand to help with everyday care and support tasks. The support provided is tailored to your own situation and changes according to needs.

**Stability** – if your needs become greater, you don't have to move to get more support, as the care offered by the onsite care team can change according to your needs..

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

## What facilities does Extra Care Housing offer?

Each Extra Care scheme is different with a variety of facilities, however each scheme has:

### Housing

A range of accessible and affordable one or two bedroom homes, which are purpose-built or adapted to meet your care and support needs.

### Communal Areas

These vary between Extra Care schemes and might include a café, hairdressers, library, guest accommodation for your visitors, a communal lounge 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 (e.g shops, GP surgeries, public transport etc).

## What support can I get?

Home Care staff are on site 24 hours a day/7 days a week to provide support with personal care. For example, this may include:

- ✓ help with washing, dressing, personal care
- ✓ reminders to take medication
- ✓ preparing snacks and heating up meals
- ✓ shopping and laundry
- ✓ some domestic tasks

The support provided you receive is tailored to your own needs. All Care Staff are highly professional and receive on-going training and support to ensure they deliver the highest quality care.

Some Extra Care Housing schemes also have specific accommodation suitable for people living with dementia, which provide specialist care, to enable people to live safely in the community.

With Extra Care Housing, the focus is on helping you to live safely and as independently as possible. Care staff are available on site 24 hours a day/7 days a week to provide reassurance and care support and you must be able to manage on your own for parts of the day.

As care staff are not nurses, they cannot change dressings or catheters - however, if medication is in a dispenser, staff can remind you to take it.

## How much does Extra Care Housing cost?

There are three elements to the cost of living in Extra Care:

- **Housing** – the cost of buying, renting or shared ownership of your home
- **Service charge** – a charge for the cost of maintaining any communal areas
- **Care and support costs** – a charge for the cost of care

The cost of the housing and any associated service charge is paid directly to the Housing Provider which manages the accommodation within the scheme. The care and support costs will vary depending on your needs and the amount 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 Extra Care Housing schemes in Nottinghamshire?

Progress is underway to create a number of new Extra Care schemes – and there are already nine 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 Nottinghamshire County Council:

### Customer Services Centre

**0300 500 80 80**

Nottinghamshire County Council  
Customer Service Centre,  
PO Box 9320, Nottingham, NG15 5BL

Email: [enquiries@nottsccl.gov.uk](mailto:enquiries@nottsccl.gov.uk)

Website: [www.nottinghamshire.gov.uk](http://www.nottinghamshire.gov.uk)

Minicom: 01623 434993

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