

Extra Care

What is Extra Care?

Extra Care is a housing option which allows older people to live as independently as possible with the reassurance of having carers on site 24 hours a day, 7 days a week, for people who meet the criteria for an Extra Care service. Extra Care is sometimes called 'Housing with Care'

Living in an Extra Care accommodation scheme may help prevent or delay the need for more expensive residential care as the accommodation is more suited to meet people's changing health needs, including level access accommodation.

What can Extra Care offer?

Privacy, independence and security – you have your own home within the Extra Care scheme with your own tenancy. You have the freedom to live your own 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.

Support and flexibility – as part of the 'Extra Care' service there are care staff on site 24 hours a day, 7 days a week to help meet your assessed care needs and which can be adapted as your needs change.

*care may be located in a nearby location

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

schemes may have a café or communal dining area with a daily meals service, hairdressers, a library or guest accommodation for your visitors.

Local amenities

Extra Care schemes are often based within local communities, so a range of neighbourhood facilities may be close by, (such as leisure centres, shops, GP surgeries) or within easy access by public transport.

Who is eligible?

Anybody who meets the housing criteria can apply to live in an Extra Care scheme but to be eligible for the Extra Care service which is arranged by Nottinghamshire County Council you would need to:

- have a care and support assessment by Nottinghamshire County Council and be eligible for social care support
- be assessed by Nottinghamshire County Council as eligible for some financial support towards the cost of care. You would need to have less than £23,250 in savings and investments
- have an identified need for accommodation that meets your care and support needs now or in the future

A person who is not eligible for social care support and is not eligible for some financial support toward care costs may still apply to live in an Extra Care scheme with their own tenancy and their own care arrangements but would not be eligible for the 'Extra Care service' arranged by Nottinghamshire County Council.

What support can I get?

People who have an Extra Care service will have a support plan which is written with their involvement. The support plan explains the help and support they need. The sort of care provided could 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 schemes have dementia units which can provide specialist care while allowing people to live in the community.

What Extra Care doesn't cover

With Extra Care you live as independently as possible. Care staff are available 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 the cost of living in an Extra Care scheme:

- **Housing** – the cost of buying, renting or shared ownership of your home. This is payable directly to the housing provider
- **Service charge** – for home maintenance and communal facilities. This is payable directly to the housing provider

- **Care and support costs** – the amount you are required to contribute to the cost of care will depend on your financial circumstances. This is payable to Nottinghamshire County Council who will complete a financial assessment to work out exactly how much you can afford to pay.

Where are the current Extra Care schemes in Nottinghamshire?

- **Armstrong Gardens (aka Bilsthorpe Bungalows)** in Bilsthorpe
- **Broadleaves** in Boughton
- **Cricketers Court** in West Bridgford
- **Darlison Court** in Hucknall
- **Gladstone House** in Newark
- **Hilton Grange** in Edwalton
- **Moorfield Court** in Southwell
- **Poppy Fields** in Mansfield
- **Priory Court** in Worksop
- **St Andrew's House** in Mapperley
- **Town View** in Mansfield.
- **Vale View** in Newark

Contact information

Phone: 0300 500 80 80 - Monday to Thursday: 8.30am to 5pm and Friday: 8.30am to 4.30pm.

Website: [Contact us | Nottinghamshire County Council](#)

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

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