

# Building For The Future - Residential Services for Older People in Gwynedd



*Exhibition and consultation in Bala*

## PROPOSED NEW HOUSING OPTIONS FOR OLDER PEOPLE IN BALA

October 2008

### About this leaflet

This leaflet tells you what Extra Care Housing is and the type of development that may shortly be available in Bala for older people.

Extra Care Housing in Bala is a partnership between Gwynedd Council and Cymdeithas Tai Clwyd and the aim is to develop a scheme with 30 apartments. This Scheme will be the first to be developed in Gwynedd, and the partnership has been successful to attract funding from the Welsh Assembly Government towards the development.

Anna, an Extra Care Housing resident for 9 years said.

*"Perhaps I could have stayed alone in my terraced house a bit longer...it all felt a bit of a rush moving here straight after my fall in town...but I'm content now, and I feel secure"*

### Extra Care Housing is different to ordinary housing because:

- The opportunity to live at home - not in a traditional residential home
- The opportunity to join in social activities - or to be as private as one wishes
- Everyone will have their own front door – with the right to choose who comes in
- Safety – the aim is to provide a safe home. Telecare support will be available as a means of promoting independent living
- Couples and friends can stay together
- Many older people end up living somewhere they are not happy to be, simply because they want to please others or not be a burden to their family. Moving after an accident or an illness can mean there is not enough time to think about what you really want. If you think through your options before you have to, you can make a positive choice for yourself.
- A mixture of older people, some living independently and other less independently
- 24 hour care services are available 7 days a week – in line with their assessed need
- Support to safeguard independence

[www.gwynedd.gov.uk/buildingforthefuture](http://www.gwynedd.gov.uk/buildingforthefuture)

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*“Making it easier for older people to live full and independent lives”*

Extra Care Housing offers a new way of supporting you to live independently for as long as you possibly can. It gives you the security and privacy of a home of your own, a range of facilities on the premises, with 24 hour care services available if you need them.

Extra Care Housing is sometimes called ‘very sheltered housing’. The look of the accommodation varies enormously: some are new purpose built retirement

villages, others are modernised sheltered housing schemes with extra services on site. Many offer a choice of accommodation such as flats or bungalows, for sale or rent. What all residents of Extra Care Housing have in common is the security of owning or renting your own home, control over your finances and the peace of mind that goes with having 24-hour care and support available on site.

## Some questions you may already be asking yourself

*How old will I need to be, to be eligible for Extra Care Housing?*

The scheme will be available for older people who are aged 60 and over.

*Will there be communal facilities at the Bala Scheme?*

There will be a range of communal facilities available to the wider community. These may include:

- Restaurant / café
- Small shop
- Hairdresser
- Hobbies room
- Communal lounge
- Assisted bathroom
- Laundry room
- Day care

The aim will be that the scheme will become a focus for older people living in the community of Bala and there will be encouragement for residents, their relatives, friends and others to meet up at the café/restaurant.

The Bala Extra Care Housing Scheme will have 24 two-bedroom apartments and 6 one-bedroom apartments. Each apartment will also contain an entrance hallway, kitchen, lounge and bathroom.

*I am managing on my own, but my health is not good and I want to move. Would Extra Care Housing be suitable for me?*

Yes. Most Extra Care Housing projects have a mix of more independent and able residents together with those who are very frail. Some will be getting a lot of care and support, others will be living independently. The accommodation will be accessible and it should be easy for you to manage.

*I own my own home, but my friend is a council tenant. Could we both move into Extra Care Housing?*

Yes. Some schemes offer homes to buy, others offer only rented accommodation, some are a mixture of owner-occupiers and tenants.

*I already live in ordinary sheltered housing – how would Extra Care Housing be different?*

The main difference is that care and support staff are on the premises 24 hours a day. There is also a restaurant for those who want it, social activities and other facilities. Different types of accommodation are available, and there is a mix of residents with different support needs. Your tenancy or ownership of your home is secure – you should not have to move if your needs change.

*My husband is very unwell and we get a lot of help from our family and friends. Could we move into Extra Care Housing together?*

Yes. You and your husband can stay together and your family and friends can continue to help as before if they want to, with the added support of the extra care staff. You may make new friends too!

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*My doctor has said I should go into a home. What are the advantages of Extra Care Housing over a nursing or care home?*

Extra Care Housing shouldn't look or feel like an institution. You will have your own home, control over your finances, and privacy and choice about how much you mix with the other residents. The care staff will support you in looking after yourself for as long as possible, and you can keep up your usual routines and activities in the local area.

*What happens if my health gets worse while I am living in Extra Care Housing?*

It is expected that your needs will change over time - and not always for the worse! There may be times when you need a lot of care and support, times when you need no support or a mixture of the two. The care staff should be flexible and sensitive in asking you about what you need.

*My mother has early signs of Alzheimer's disease Can she move into Extra Care Housing?*

Possibly. Most people who develop dementia after moving into extra care can continue to be supported in their familiar home surroundings by staff and friends as before. Some Extra Care Housing has a special wing for new residents with dementia; others mix residents with different needs across the whole scheme.

*What facilities and services are available on-site at Extra Care Housing?*

The facilities range from restaurants and lounges to hobby rooms, shops, hairdressers and keep fit suites. Sometimes the local day centre, health services and other groups are based there, for example, a GP surgery, a district nurse or welfare benefits advice. People from the surrounding area may also come in to use the facilities and resources.

*Is it a home for life?*

Extra Care Housing aims to provide you with a home for life. This may not always be possible, for example if you become a risk to yourself or others, but it is the aim.

*How much will I have to pay?*

The rents and service charges will vary from development to development depending on the locality and exact service provided, but rest assured that the accommodation will be affordable. Some people will also be eligible to claim housing benefit to meet their housing costs and advice will be offered on this.

What do residents say about Extra Care Housing?

*“You get the extra help you need without moving” Kevin*

*“There's plenty to do here, and good company” Enid*

*“Living here means peace of mind for me and my family... and they can stay over when they come to visit” Joan*

*“I see people every day, and at the end of the day I can lock my door and relax” Eileen*

*“I have the best of both world here. The staff remind me of things - like taking my pills - but they don't do things for me”. John*

*“I like being independent and I feel very secure.” Julia*

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## Further Information

If you have any queries about the Bala Extra Care Housing Scheme, please contact:

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If you have any queries or require further information about the wider Project please contact:

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